

CAMEL CROSSINGS



A NEWCOMER'S GUIDE TO BAHRAIN

*Featuring: recreation, shopping, helpful hints,
services, restaurants, and other valuable information.*

Fleet and Family Support Center

Navy Region SouthWest Asia, NSA Bahrain

DISCLAIMER

The information provided in this booklet does not constitute any formal endorsement of the companies, products or services by the Department of the Navy, Department of Defense or the Fleet and Family Support Center. This information is being provided as informational resource material to transitioning military personnel and their families.

****Special thanks to the Bahrain Officer Spouse's Club
for the time and effort put into the making of this issue of Camel Crossings.***

MARHABA!

At times, an overseas assignment proves overwhelming or at least challenging. A new country, a new culture, a foreign language and dollars and dimes that become dinars and fils, are parts of a puzzle that soon turn into a wonderful picture with appropriate guidance and counsel. Previously, many newcomers arrived to find only a “hunt and find” system available to settle in Bahrain. Most had to depend on a sponsor or other kind soul to provide this information. While adventure can be exhilarating, busy lives usually do not leave the time for this luxury.

Members of our community compiled the information provided in Camel Crossings. Paid advertisements and endorsement of any specific business were deliberately avoided. All information included in this guide is based on personal experience.

When entering roundabouts: Generally the right lane approaching the roundabout will take the 1st right or go through the roundabout; the center lane approaching the roundabout will go through the roundabout; the left lane approaching the roundabout is used to make a left turn or a U-turn at the roundabout. BEWARE: The inside lane in a roundabout always has the right of way. They may exit right at any time from the inside lane!!!

When referring to roundabouts and directions, some people use the numbers of the clock for directions. For example: For a right turn, you will enter at 6:00 o'clock and exit 3:00 o'clock; to go through a roundabout enter 6:00 and exit 12:00, for a left turn, enter 6:00 and exit 9:00; for a U-turn, enter 6:00 and exit 6:00. For those roundabouts with more than 4 entries and exits, an exit of 11:00 o'clock or 4:00 o'clock may be used.

All directions begin from the Grand Mosque located in Juffair. You will notice some road names might not correspond to your maps. In these cases, the name on the street signs rather than the names on the maps were used. Some spellings may also vary; therefore the spellings most commonly seen were used.

Now, Camel Crossings in hand, venture out, explore, meet the people and learn about this most gracious island of Bahrain!!! Most of all enjoy your stay.

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MEDICAL/DENTAL

MEDICAL PROCEDURES

NSA MEDICAL CLINIC

Phone: 17 854-260; Health Benefits Office: 17 854-323
Hours: 0730-1630 (Sunday - Thursday). Tuesdays 0730-1130 **only**, due to staff training.

General Info: NSA Bahrain Medical can cover many of the medical needs of military members and their families. However, family members may also use the various medical facilities in the community without a written referral from the clinic, but you will want to check with the Clinic to make sure TRICARE will cover the care you are seeking. ADSMs (Active Duty Service Members) initially **MUST** be seen on base.

- Steps:
1. Verify the accuracy of your DEERS enrollment.
 2. Active Duty members (unaccompanied or accompanied) and their family members who accompany their sponsor to Bahrain must complete a TRICARE Prime Enrollment Form to join TRICARE Prime Europe, Bahrain. Contact your TRICARE Medical Services Coordinator at the NSA Branch Medical Clinic (phone # 17 724-858 or 17 724-323) to update your TRICARE enrollment information.
 - A. ADSMs are automatically covered under TRICARE Prime and are not permitted to disenroll; however, they must actively transfer and maintain their TRICARE Prime enrollment at their permanent duty station by visiting the TRICARE office and filling out an enrollment/transfer form upon their arrival.
 - B. ADFMs (Family Members) who accompany their sponsor to NSA Bahrain, or who visit for more than 30 days, are highly encouraged to enroll in TRICARE Prime Europe here in Bahrain immediately upon their arrival.
 - C. ADSMs must contact NSA Clinic for an appointment; this is optional for family members.
 - D. Care not available at the BMC (Branch Medical Clinic) will be received primarily from one of the following locations: BDF (Bahrain Defense Force Hospital), AMH (American Mission Hospital), Saar Clinic, Awali Hospital, IHB (International Hospital Bahrain), BSH (Bahrain Specialist Hospital), and other minor individual providers.

****NOTE:** If you are treated in any Emergency Room/admitted to a hospital you must call the NSA Bahrain Clinic (Phone #17 854-260) within 24 hours of treatment in order to be covered by TRICARE.

HOSPITALS

BAHRAIN DEFENSE FORCE HOSPITAL

Phone: 17 766-666; Liaison Officer - 17 661-973

Location: Riffa

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles and take the Madinat Hamad exit (follow the 2nd branch right off of the exit ramp). Heading south on Sh. Khalifa Bin Salman Hwy. Continue on this road to the end of the highway; you will come to a roundabout. At the roundabout make a left (enter 6, exit 9). BDF will be on your right after the 2nd traffic light.

AMERICAN MISSION HOSPITAL

Phone: 17 253-447; Liaison Officer, 17 248-109

Location: Manama City Center

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. Go a short distance and go through the roundabout (enter 6, exit 12) onto Sh. Isa Ave. Go 0.6 miles and turn right at the 4th light (including pedestrian light) onto Isa Al Kabeer Ave. Go a short distance and the hospital will be on your left. Parking is a premium. There is additional parking if you continue past the hospital and at the traffic light veer right and then right again to reach the back of the hospital.

SAAR CLINIC

Phone: 17 790-025

Location: Budaiya

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and enter the 3rd roundabout (McDonald's will be on your left) and make a left turn - exit Sar Rd (enter 6, exit 9). Go approximately 1 mile and look for Saar Clinic on the right. If you get to Ave. 35 you've gone too far.

AWALI HOSPITAL

Phone: 17 753-333

Location: Awali

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town exit. This will put you onto Sh. Salman Hwy. Follow it south through the roundabouts until you come to the Awali roundabout. (There are usually flags here). Go through the roundabout to the Awali Gate (enter 6, exit 9). Go in the gate; take the first left hand turn, then the first right hand turn. This will take you to the hospital parking lot. There are guards at the Awali gate if you need help finding the hospital, but there are also signs to guide you.

INTERNATIONAL HOSPITAL BAHRAIN (IHB)

Phone: 17 591-666

Location: Budaiya Hwy.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles. Take the Madinat/Hamad/Manama City Centre exit and bear right onto the Manama City Centre exit. This will put you on Sh. Kalifa Bin Salman Hwy. Go 1.7 miles and take the first exit (Manama West/Budaiya Exit). After the exit you will approach a roundabout (Burgerland Roundabout), turn right, (enter 6, exit 3). You will pass IHB on your left. Go to the next roundabout and u-turn (enter 6, exit 6) back to the hospital.

BAHRAIN SPECIALIST HOSPITAL

Phone: 17 812-222; Appointments: 17 812-222

Location: Juffair

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy (towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital, as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

PHARMACIES

NOTE: Over the counter drugs are available at the NSA Clinic's pharmacy. Four articles/family/month. Go to the pharmacy window and ask for the chit paperwork. Same day service.

- A. Some hospitals house their own pharmacy and you may have your prescriptions filled at the hospital at no charge.
- B. For prescriptions being filled at a pharmacy in town, you will need to pay in full and take your *itemized* receipt (it must display the medication purchased) and the original prescription to the Health Benefits Advisor (HBA) in order to receive 100% reimbursement. NOTE: Some prescriptions may not be covered under TRICARE Prime (i.e. diet pills, some acne medication). Check with your HBA (Phone # 1785 4323) prior to having the prescription filled if you have a question as to whether a prescription would be covered. NOTE: ADSMs must have a referral from a clinic provider, processed by the HBA office, prior to purchasing any medications not available in the clinic pharmacy (or not obtainable at one of the hospitals as part of referred care).
- C. You may also have your prescriptions filled on base. However, if a provider in town writes the prescription, it must first be rewritten by a physician at the base clinic prior to having it filled at the pharmacy on base. NOTE: You may want to check with the pharmacy to make sure they can provide the medication outlined in your prescription before consulting a physician at the base clinic.

JAFFAR PHARMACY

Phone: 17 291-039
Location: Manama
Hours: Open 24 Hours

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first traffic light turn left. Turn right at the first traffic light onto Exhibition Ave. Go to the 3rd roundabout and turn right onto Tarfa Bin Al Abd Ave. The pharmacy is on the left after you pass the gas station. It's a building with the purple trim.

NASSER PHARMACY

Phone: 17 740-900
Location: Adliya
General Info: Pharmacy and MORE! Make-up, party supplies, nail polish, baby items, magazines and cards. Open 24 Hours.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 1.6 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. This is Qadisiya Ave. Al Jazira will be on the right (at Um Ishoom Ave). Pass Al Jazira, you will see Nasser Pharmacy on the right hand side.

DENTAL PROCEDURES

NSA DENTAL CLINIC

Phone: 1785 4325

- Steps:
1. Stop by the Health Benefits Office to verify that you are currently enrolled in United Concordia Dental plan and verify that deductions from your sponsor's LES are current.
 2. Pick up a copy of UCCI Benefits Booklet and familiarize yourself with limitations to coverage of the procedure you are seeking.
 3. Stop by the Dental Clinic on base (same bldg as NSA Clinic) and pick up a referral form (referral forms are valid for 120 days).
 4. Schedule an appointment with a dentist off base.
 5. The civilian dentist can ONLY do what is requested on the referral form. He must annotate on the referral form any further recommended treatment.
 6. If additional work needs to be completed, then you must obtain a new referral form from the base Dental Clinic.
 - 7.

ORTHODONTICS

Contact NSA Health Benefits Advisor (Phone 1785 4323) regarding specific information and procedure about orthodontics. Some (not all) of the treatment can be done (i.e. cast) on base saving you money. The Health Benefits Advisor is also a good source for information about what will be covered for orthodontics and what your out of pocket expense will be.

DENTIST OFFICES

GULF DENTAL SPECIALTY HOSPITAL

Phone: 17 741-444

Location: Mahuz/Tubli

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right at Al Jazira's grocery store will be on your left. Just past the fresh vegetable stand on the right (approximately 0.1 mile) is the turn in for the Gulf Dental Specialty Hospital.

BAHRAIN SPECIALIST HOSPITAL (Dental Clinic)

Phone: 17 812-222

Location: Juffair

Directions: From Grand Mosque: Go East on Al Awal Ave away from Al Fatih Hwy (towards base). Pass Al Safir Hotel on your left and Hotel California on your right. At this point follow the signs for Bahrain Specialist Hospital, as there are no road names. As of this time follow the only paved road and it will lead you to the hospital.

AL MOSAWI DENTAL CLINIC

Phone: 17 717-199

Location: Adliya

Directions: From the Grand Mosque: Cross over Al Fatih Hwy and continue straight (past the Gulf Hotel). Al Mosawi is in a small building on your right, immediately after the 2nd traffic light, before the gift/flower shops.

**American Mission Hospital and International Hospital of Bahrain also house Dental Clinics. See hospital information for contact number and directions.

OPHTHALMOLOGY

AL BASIL EYE CLINIC

Phone: 17 310-030

Location: Palace Avenue

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first light turn left onto Sh. Duaij Ave. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go through one light and when you reach the 1st roundabout, the clinic is on your right just before you enter the roundabout. Turn right from the roundabout and park behind the clinic.

OPTOMETRY

NSA MEDICAL CLINIC

Phone: 17 854-260 (Medical Clinic, phone to make appointment)

Location: NSA Bahrain

Hours: Call for updated times.

General Info: Primarily for glasses prescriptions. If you've worn contacts before and there isn't a significant change, they will do a contact lens prescription.

BAHRAIN OPTICIANS

Phone: 17 214-142.

Location: Manama Souq

General Info: Good selection and good repair policy. Good prices on glasses. Bahrain Opticians has the widest variety of children's glasses.

- Location #1: Follow directions to Manama Souq listed under the Souq in the Shopping section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch look across the street and to the left corner and you will see Bahrain Opticians. Hours: Saturday - Thursday 0800 – 1230 and 1530 - 2000. Friday: 1600-2000.
- Location #2: Follow directions to Manama Souq listed under the souq in the Shopping section of Camel Crossings. Enter the souq at the Bab 'Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street. About half the way down this street you will see Bahrain Opticians on the left, just past the Ethnic Crafts store. This is the location for the widest variety of children's glasses. Phone: 17 225-355. Hours: Saturday – Thursday, 0800 - 1230 and 1530 - 2000. Closed Friday.
- Location #3: Bahrain Mall.
See Malls listed under Shopping for directions to Bahrain Mall.

EDUCATION

BAHRAIN SCHOOL

Phone: 17 727-828

Location: Juffair

General Info: The Bahrain School houses approximately 600 students from over 40 different countries and provides an American Curriculum for grades K-12. It provides students in grades 11 and 12 the opportunity to take advanced placement examinations, and the International Baccalaureate program for academically oriented students. The educational experience offered to Bahrain School students is enhanced by its after school program. Developed to reflect the interests and abilities of the Bahrain School students, activities are sponsored by members of the faculty gathering around a common objective of extending their abilities outside the classroom. Because the faculties of Bahrain School sponsor the extracurricular activities, they can vary from year to year, but generally the school offers the following activities: National Honor Society, National Junior Honor Society, Student Council, Art Club, Tennis Enrichment, Future Business Leaders, Model United Nations, Model United States Senate, Drama for elementary at high school, Jason Project, Swimming Club, Table Tennis, Badminton, Foreign Language Club, Math Counts, Outdoor Education, Photo/Video, Publications Club, Service Club, Tech Theatre, Yearbook Staff, Geography Bee, Computer Projects, Odyssey of the Mind, Tradequest, soccer, basketball, volleyball, softball, swimming, tennis, track, cross-country, golf, weight training and cricket. Additional, Bahrain School offers a Sure Start program to qualified children of active duty military personnel in pay grades E1-E7. The Sure Start Program is an early intervention program modeled after the Head Start program in the United States. (See SITES manual for further information on registration procedures for Bahrain School).

Directions: **Front Gate to Bahrain School:** From Grand Mosque: Take a left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles and at the roundabout take the first available right (enter 6, exit 1). The Bahrain school will be on your right. Enter at the second entrance as the parking lot has one-way traffic. You will be asked to show ID to enter the school grounds.

Directions: **Back Gate to Bahrain School:** From Grand Mosque: Take a left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.1 miles and take the first right onto a one-way street. Go past a cold store on the right and turn left at the next intersection. Continue to the "T" and turn right. On the left will be a chain link fence with a gate. This is the back gate to Bahrain School. Enter at the second entrance as the parking lot has one-way traffic. You will be asked to show ID to enter the school grounds.

Directions: **NSA Main Gate to Front Gate Bahrain School:** Exit NSA Bahrain through the Main Gate and take the first left turn. Go 0.3 miles and take a left (the first left after Mega Mart). Go 0.1 miles and take the first available left. At the “T” you will be at Juffair Ave (Pizza Hut will be on the corner). Turn left at Juffair Ave. At the next roundabout, bear right (enter 6, exit 1). **(NOTE: If you take the second right at this roundabout enter 6, exit 11) you will dead end into the back gate of NSA walk in gate only).** Bahrain School will be on your right. Enter at the second entrance as the parking lot has one-way traffic. You will be asked to show ID to enter the school grounds.

PRE-SCHOOLS

LITTLE GEMS PRESCHOOL

Phone: 17 694-356
Location: Budaiya
General Info: Preschool for ages 2-4yr. Hours: 0800 - 12:30.
Directions: It's between Budaiya and Saar near one of St. Christopher's campuses. Please call for specific directions.

PRIVATE SCHOOLS

NADEEN SCHOOL

Phone: 17 728-886
Location: Adliya
General Info: Contact: Pauline or Shawnee. Hours: 8a.m. - 12:30 p.m. Very nurturing environment with high academic focus. Typically two teachers per 18 students. Currently accepts 2yr olds through 4th grade. British Curriculum School.

Directions: From the Grand Mosque: Turn left onto Al Fatih Hwy. Go 0.5 miles and turn right at the first traffic light onto Juffair Ave. Pass the gas station on your left. Go through the traffic light. Pass the Electricity Plant on your right. Go through the roundabout, you will see The British Club on your left. Continue straight approx. one block and turn left on a small road just before the last white villa. Drive down between the white walls and you will come to an empty lot on your left. This is the parking lot and the school is across the dirt lot.

ARABIC LANGUAGE

Fleet and Family Support Center (FFSC) offers free Arabic language classes on base. There are two classes: 1) Spoken Arabic and 2) Reading and Writing Arabic. The spoken Arabic classes fill up quickly, however new classes start every six weeks or so. Sign up for these classes at the FFSC office. FFSC is located across the hallway from the base library and above the Child Development Center.

DINAR MAN SERVICES

You will hear “Dinar Man” frequently around the base. The Dinar Man is actually a multi-service office located between the Personnel Support Office and the Ship’s store. This office provides many services that will make your life easier when you first arrive. Many of these services can be accomplished in town, but for a small fee, it is definitely more convenient to have these services completed on base. Hours: 0800 - 1700, Saturday - Thursday. Closed Friday. Phone: 1785 4191

CPR CARD

The Central Population Registration (C.P.R.) card is required for all active duty members and their family (including children). You may obtain your C.P.R. card from the Dinar Man with the following information:

1. 1 photo (you can have photos made at the photo processing kiosk in the Recreation Center on base)
2. Passport
3. Identification (military I.D. is sufficient)
4. Copy of orders and dependent entry (if applicable)
5. BD 3.000
6. Approximately one week turnaround

You may renew your C.P.R. card when needed with the same requirements as stated above, plus your old C.P.R. card.

*****VERY IMPORTANT***** Once you have your C.P.R. card, take your C.P.R. card, passport, copy of orders, dependent entry (if applicable) and go to Immigration and Naturalization Services (I.N.S.) on base, located across the breezeway from the mail boxes (middle door), and obtain your 1 year visa. You will need to take BD 5.000 per passport holder for visa processing fees. Approximately 7-10 day turnaround.

AUTHORIZATION OF INTERNATIONAL DRIVER’S LICENSE

If you chose to use your International Driver’s License in Bahrain, you will need to go to the Immigration and Naturalization Service (I.N.S.) on base and have your License validated. I.N.S. office is located in the breezeway across from the mailboxes (middle door).

BAHRAIN DRIVER’S LICENSE

Requirements for Bahrain License:

1. 3 small photos (you can have photos made at the photo-processing kiosk in the Recreation Center on base)
2. U.S. Driver’s License
3. C.P.R. Card
4. BD 26.000

Take those items to the Dinar Man and he can assist you with obtaining a Bahrain Driver's License. He can also assist with renewals, lost or stolen license. **NOTE: if you are planning to use your International Driver's License obtained via AAA in the states, the Immigration and Naturalization Services (I.N.S.) must validate it.** You may go to the I.N.S. office on the base (across the breezeway from the mailboxes). No fee required.

CAR INSURANCE/REGISTRATION

To obtain car insurance go to the Dinar Man's office with the following information:

- A. Completed Insurance Form (Dinar Man has this form)
- B. 1 photo (you can have photos made at the photo processing kiosk in the Recreation Center on base)
- C. BD 5.000
- A. CPR Card

Dinar Man will process the above information and give you a quote for insurance. You are not obligated to take this insurance. You may also want to compare prices with other sources to get the best deal. **NOTE:** Mr. Hassan Jawad Ali can provide you with this service as well as assistance with your car registration. See Garages listed under Services for Maytham Spare Parts and Tyres for his contact information.

To obtain car registration go to the Personal Property Office (PPO), which is the next-door down from the Dinar Man. To obtain car registration, go to the PPO's office with the following information:

- A. Insurance Card
- B. CPR Card
- C. BD 55.000

BATELCO PHONE SERVICES

Dinar Man can assist you with the following phone services.

1. New Connection:

- A. Completed application (application provided by Dinar Man)
- B. C.P.R. Card
- C. A copy of your lease agreement
- D. BD 102.00 (**KEEP YOUR RECEIPT**). You will not be refunded your deposit without your receipt).

2. Line Transfer:

- A. C.P.R. Card
- B. A copy of your lease agreement
- C. BD 2.000

3. Disconnection (allow six days for your final bill to clear):

- A. C.P.R. Card
- B. Original Deposit Receipt
- C. BD 2.000

4. Internet (INET)

- A. C.P.R. Card
- B. Original Deposit Receipt
- C. BD 2.000 (service charge) and BD 5.000 will show up on your first bill (connection fee)

NOTE: For BD 1.000 service charge you may pay your Batelco (phone and internet) bill at the Dinar Man's office or you may pay your bill at the Batelco office provided on base. This office is located on the 2nd floor of Sentinal Hall. There is no service charge to pay your batelco bill here.

MOBILE PHONE ASSISTANCE

The Dinar Man can also assist you with the purchase of a mobile phone. The mobile phones (cell phones) you use in the states will not work here. The Dinar Man sells the Nokia Phone at BD 43.500 and a service connection fee of BD 22.000. You do not have a monthly bill like you do in the states. You pre-pay for additional service by purchasing SIM SIM cards. SIM SIM cards can be purchased in different amounts depending on your usage (i.e. BD 3.000, 10.000). Your phone will alert you when your usage is low and to buy another card. There are directions on the back of the SIM SIM card instructing you how to add more calling time. If you have any questions, the Dinar Man will be happy to assist you. **NOTE:** The bulletin board in the recreation center on base will advertise used mobile phones for sale by families leaving the area. Also, compare prices out in town.

MONEY EXCHANGE

The Dinar Man can exchange dollars to dinar. Also, if you are planning to travel outside the country, the Dinar Man can also exchange other foreign currency as well (i.e. Euros, Australian dollars, riyals, etc). Other services include key duplication for a fee of BD .500, payment of electric bill for a fee of BD 1.000, Mobile Telephone Rental (price varies from daily, weekly, monthly use), and flower orders, no fee.

CHECK CASHING

If you are permanently assigned to N.S.A. Bahrain, you may cash checks at the Dinar Man office up to \$6,000.00 per month. The Dinar Man can also assist with cashing BD checks, providing travelers checks, Western Union money transfers, credit card cash advances (4% bank service charge), and provide BD rent checks for your landlord

RENT CHECKS/DEPOSIT IN LANDLORD ACCOUNTS

When you want to pay your rent you will need to:

1. Have Dinar Man calculate how much your rent is in dollars.
(i.e. 1066.00 = \$2, 835.90).

2. Go to NFCU and have a cashier's check made out in your name for the dollar amount or cash a check for the amount needed at the Dinar Man's office, just watch your check cashing limit of \$7,000.00 per month.
3. Take your cashier's check or cash and your Landlord's name to Dinar Man and have him issue you a dinar cashier's check in your landlord's name.
4. Give check to your landlord. Keep your stub for verification your rent has been paid.

CREDIT CARD USAGE

Bahrain is basically a cash society. You purchase items with Bahraini Dinar or with your credit card. (The ship's store, vet clinic on base will accept checks and you may write a check for \$25.00 over the purchase amount in the ship's store). However, when using your credit card on and off base, be very cautious of your credit card receipt. The whole credit card account number, your full name, and credit card expiration date is printed on the receipt. There has been no problem using a credit card, but be mindful to get your receipt and keep it in a secure place at home until your statement comes in shred the receipt or keep the receipts in a secure location. One option would be to use just one credit card with a very minimal balance for shopping in town and with Internet purchases.

HELPFUL HINTS

****HOUSEHOLD GOODS (In bound)**

******Located at Banz warehouse building 44 across from Bay 8. Customer Service number 439-4265. Hours 0830 – 1500. You **MUST** attend a housing brief prior to renting a home. Sign up in the Housing Office.

FINDING A HOME

You **MUST** attend the housing brief through the Housing Welcome Center (Phone: 1785 4104) before looking for a place to rent. Do not sign a lease until housing approves the contents of the lease. Typically you will have 30 - 60 days of TLA (Temporary Living Allowance) while looking for a place to live. There are furnished TLA villas available for you to stay vice staying in a hotel for this length of time. There are limited TLA villas available. Housing can provide additional information regarding the TLA villas. Review the listing of property managers used by previous military personnel. The Housing Office nor Family Fleet Service Center cannot recommend or endorse these property managers. They are strictly references from other military personnel.

PROPERTIES AR- US

Phone: 17 714-799

General Info: Contact person: Doris Dietrich, property manager (mobile #3969-3202). Doris is very pleasant and will work to get you all the extras you want/need included in your lease (i.e. transformers, T.V.'s, VCR. She has worked as a property manager in Bahrain for many years. She is a good negotiator on your behalf.

ROAD TROUBLE

CAR ACCIDENT

If you get into an accident in Bahrain all parties involved in the accident must pay a fine on the spot, no matter who is at fault. It is always a good idea to carry extra Dinar (BD 6.00 - 16.000) in your car should this happen to you. If the driver is not at fault, there is a fine of BD 6.000 for the traffic report, which can be reimbursed by the insurance company. If the driver is at fault, there is a fine of BD 16.000 for the traffic report. Never move the vehicle until the police arrive, expect up to an hour wait for their arrival. Bahrain police/fire/ambulance phone # 199. Bahrain traffic and accident phone # 17 688-888. NSA Base Security 1785 4911 or 1785 3283.

TRAFFIC VIOLATIONS

Some of the traffic lights here have cameras and will take a picture of your license plate if you are caught running a stoplight. The ticket will be sent to your home address and you will be responsible for paying the fine. If you want to avoid the hassle of paying the fine in person you can call Hassan Jawad Ali (he owns Mytham Spare Parts and Tyres) and for a small fee he will take care of the ticket for you. He can be reached at his garage office 17 725-437 or mobile 3945-0706.

CONVERSION CHARTS

Oven Temperature Chart: U.S. and British

Heat Level	Degrees Fahrenheit	Degrees Celsius	British (Regulo) Gas Mark
Very cool	200	95	0
Very cool	225	110	1/4
Very cool	250	120	1/2
Cool or slow	275	135	1
Cool or slow	300	150	2
Warm	325	165	3
Moderate	350	175	4
Moderately hot	375	190	5
Fairly hot	400	200	6
Hot	425	220	7
Very Hot	450	230	8

DOMESTIC HELP

HIRING HOUSE HELP

For many, living in Bahrain is the first opportunity to employ a maid or other domestic help. The cost is minimal and the rewards can be great. Following a few guidelines can make the process of finding and hiring a maid easier and more successful. An interview can tell you much about the candidate. After all, this individual will have near total access to your home. It is certainly worth the effort to conduct a thorough interview.

Once you have decided you would like to hire someone part-time, full-time or on a live-in basis, you need to find candidates to interview. Asking friends if they know of someone is a good place to start. Additionally, the Recreation Center bulletin board frequently has ads for maids. Often when a family leaves the area, they will look for a suitable family to hire their maid.

The following list of questions may not apply to you, but can help you think of specific questions to ask potential maid.

- What attributes are you looking for in a maid? Age? Background? Experience? Specific skills?
- If you have small children, their care is a priority when interviewing a maid. Americans take for granted the common knowledge we have regarding basic first aid. Ask the candidate how she would handle a common first aid situation (for example, cuts, bruises, burns, choking, pinched fingers.) If you are not comfortable with her answer, can you train her in basic first aid skills?
- If you have a pool, and you have children, ask if your candidate can swim. Would she know what to do in the event of an emergency involving the pool? Can you train her?
- Can she write English and/or speak it well enough to communicate with you and the family?
- How does she feel about pets? You may not have a pet now, but if you decide later to get a cat or dog, how will she feel?
- What are her references? Can you check them?

After you have selected a candidate, you will want to establish your expectations regarding duties and amenities. The following suggestions are from people who have hired maids over the years in Bahrain.

- Write up a general contract for the maid you select. Include hiring date, salary, what amenities are included, work schedule, any exceptions to schedule or salary, duties, childcare responsibilities, reasons for termination and any other items you have discussed and agreed to.
- Make your list of expectations clear. Write down in her contract what you want done daily, weekly, monthly, as needed, etc. If you have a specific way in which you prefer a task done, make it clear. You may have to train your maid to do the task a few times, but the effort is worth it. Establish a “training period” or “trial period” during which you have to opportunity to evaluate the maid; make sure she understands.
- Do not offer to fully furnish her quarters right away. Many of the maids have their own beds, cupboards, TV, kitchen utensils, etc. There is a network of

families and friends available to loan or give items. During your maids' tenure in your home, there will be numerous opportunities to be charitable.

- The salary you pay your maid will vary depending on how many children you have, the ages of your children (if they are quite young, and your maid assumes a roll as nanny as well, you should expect to pay more), and whether your maid is full or part-time. Typically, the monthly salary for a live-in is BD 90-140. If your full or part-time maid comes after hours to your home to baby sit, pay for those hours should be negotiated separately. Additionally, if you have a live-in, do not discount the fact that YOU are paying for her room, electricity and water. That is part of her salary. It is your choice if you wish to provide gas bottles, cable TV, telephone service or other amenities. Ask friends if they provide these items, generally most Americans do not. If your maid must use "transport" to come to your home, you may choose to pay for her ride.
- Holidays and days off should be clear. Depending on your maid's religion, she may ask for Friday as her day off. Ask her preference for days off and holidays she wishes to observe. Does your family schedule work with hers?
- Ask for a list of contact names and telephone numbers for use in the event of an emergency, illness or problem. **OBTAIN A COPY OF HER/HIS CPR CARD. There is a fine of \$5,000.00 if you have a housemaid working/living with you with an expired or no CPR card.**
- Terminating an employee is uncomfortable. However, if the arrangement you have established is not working, you may let her go. When you write up a contract for her, make sure you clearly define what is cause for termination. When in doubt, spell it out!

TIPPING

Hotels and most restaurants include a service charge in the bill. This charge is a tax and an extra percentage to the house. None of the service charge goes to your server. Tipping is not expected here as in restaurants in the States, but many of the workers here receive very low wages and really appreciate the gesture. Tipping is obviously a personal choice and opinions on this will vary widely. Here are some guidelines: Taxis, no tips, Porter, 500 fils. (this includes the gentleman that takes your groceries to the car, but not someone who just bags them), Gas station attendant, no tip, food delivery (both restaurant and cold store) 500 fils - 1 BD unless the order is extremely large, we live in a flat and occasionally slip a few BD to various grounds keepers and security guards. I tip in restaurants and beauty parlors as I do in the States.

FPO ADDRESSES

When ordering online or via telephone and a company will accept APO/FPO addresses -----
--occasionally you can use NY as the state and FPO AE as the city. Unfortunately many companies have exclusive contracts with either UPS or FedEx and just won't ship to P.O. boxes. Keep a copy of the order confirmation number until you receive the shipment, just in case it gets lost or is not received in a timely manner. Keep a list of usernames and passwords that you set up for each of the companies. It will save you time guessing or forgetting your passwords.

THINGS I WISH I BROUGHT TO BAHRAIN

(No particular order)

- Shopping cart. These are great for shopping at the Ship Store.
- Sewing Machine
 - Extra needles
 - Extra rotary blades
 - Rotary mat (self healing)
- Holiday decorations
 - Artificial tree
 - Easter items
- Rubbermaid storage tubs
- Gardening tools
- Herb, Veggie, and Flower seeds
- Anything that needs framing
- Furniture that needs upholstering
- Bookcases and shelving
- Extra printer ink cartridges
- Cordless drill
- Empty propane tank
- Miracle Gro
- Craft items
- Vacuum bags
- Extra car parts
- Downey dispenser ball
- Goose down pillows
- Fitted sheets
- Spanish rice-a-roni
- Quilt batting and poly fiberfill
- Isotoner slippers
- Bath and Body Works items
- Stride Rite shoes
- Day planner inserts Computer paper (the stuff here works, but is a different size)
- Oven thermometer
- Bike, bike tires and parts
- Food coloring paste
- Cookie decorations
- Oragel
- Pet food specialty brands
- Cosmetics (they're available here, but often pricey)
- Contact lens cleaner
- Paper goods (specialty party items)
- Jogging/Running/Walking shoes
- Film and cameras
- Hosiery and lingerie
- Winter clothing (for trips)
- Paper towel holder
- Battery operated clocks
- Extra ironing board cover
- Lamps (ours will work with 220 light bulbs)
- Telephones
- Pool table/ping pong table
- Extension cords/power strips
- Mirrors
- Office/school supplies
- Inexpensive area rugs
- Nice cooler, possibly with wheels

THINGS TO MAIL OR BRING WITH YOU

(This does not mean express ship as this can take quite awhile)

- VCR/DVD
- Videos/DVD's
- Play station and Games
- Books
- Computer

THINGS I WISH I LEFT IN STORAGE

- 110v Microwave/convection ovens
- Electric clocks
- Boogey board/wet suits
- Some people regret bringing small kitchen appliances/hair dryers/curling irons etc. I have found that they work fine on transformers. This is with the exceptions listed above. On those items the MHz difference greatly affects their performance.
- Non multi-system TV's will not pick up television signals. They work fine for showing American videos and DVD's with transformers
- Camping gear/equipment
- Garage items

"I JUST GOT TO BAHRAIN AND I DIDN'T KNOW"

- English is widely spoken.
- Radio Meter Taxis are your best bet. Others will try and over charge. Radio Meter Taxi 24-hour on-call phone # 17 682-999.
- Taxis are very difficult to find between 2-4 p.m.
- Other public transportation is hard to find.
- Get a cell phone right away. (Have your sponsor check for a used one as most won't work in the states).
- There are lots of familiar restaurants, including fast food. Many will deliver to your home.
- Jet lag recovery can take a couple of weeks. Be kind to yourself in the meantime.
- Many services are very affordable here. This includes laundry pick up while you are in temporary housing.
- Many cold stores and supermarkets will deliver.
- Pedicure on base is cheap.
- You have to tote your groceries to the car from the Ship Store. Either bring a cart, a helper, or be careful how much you buy at one time.
- Check with the medical clinic re: what over the counter med's are available.
- The library has internet access
- I didn't have to buy a lot of transformers, PAL TV, VCR's. You can negotiate to have these items provided in your lease by the landlord.
- It gets cool in the winter months.
- There's no cold water in the summer.
- How great it would be to have a housekeeper.
- I would need a shopping cart with wheels for shopping at the Ship's Store.
- I could get most everything I need except for Martha White Cornmeal mix.

- Always carry a tissue pack with you. Some restrooms are under stocked.
- What excellent customer service was till I got here.
- The growing season here is our fall, winter, and spring. I should have brought my favorite flower, herb and vegetable seeds.
- Children are considered gifts from God and people go out of their way for children. Don't be surprised if they give cookies, hugs, or pick up your child.
- Purchasing alcohol on base is based on a point system. To buy alcohol on base both the sponsor and spouse have to fill out an application, which allows you each 20 points per month. The sponsor cannot purchase off the spouse's account and vice versa.
- MWR will refund 20% of the cost of each ticket/receipt valued up to \$50.00 (or a maximum of \$10.00 per ticket) to all authorized patrons of MWR. The tickets/receipts must be remitted no later than 6 calendar days after participating in the activity. This discount is good for Lessons or Activities (i.e. Horseback riding, Scuba, etc); Tickets (i.e. Concerts, Plays, etc); and Activities/Sports (i.e. Ralley Town, Movies, Tours, etc). Visit the MWR Main Office for more information.

ANIMAL CARE

QUARANTINE PROCEDURE

The NSA Veterinary Clinic must examine the animal upon entry in the country (within a few days after arrival) and again at the end of the home quarantine period (30 days). An Import Certificate is required to make your pet eligible for the 30-day home quarantine and must be presented to the proper officials when you arrive at the airport. Please refer to the SITES Manual for additional information on the Import Certificate and other pertinent information regarding your pet. NSA Veterinary Clinic can take appointments Sunday, Tuesday - Thursday by calling 1785 4295.

VETERINARIANS

NSA BASE VETERINARY SERVICES

Phone: 1785-4295

Location: NSA. From the main road take a left after you pass the Chapel and before you get to the Recreation Center. Pass the Dome on your right and then pass the USO on your right. Continue on this road and the Vet Clinic will be on your left.

General Info: Provides immunizations, minor surgery, neutering, and health certificates. Call for an appointment. Friendly staff.

DR. NONIE COUTTS

Phone: 17 245-515 / Email: www.noniecoutts.com

Location: Salmaniya

Hours: Saturday – Wednesday, 0830 -1600 and Thursday, 0900-1400. Closed on Friday.

General Info: Friendly professional service. Immunizations, surgery, pet grooming, general medical care, total pet relocation management, and boarding facilities.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. When you come to the first roundabout, you will make a left turn (enter 6, exit 9) onto Salmaniya Ave. Go 0.2 mile taking your 1st right after the Do Not Enter Street. The turn will be before a patch of dirt. If you go to the first light, you have gone too far. After turning right. Take your first right and the 1st Villa on the left will be Dr. Coutts' office. Villa #322

KENNEL FACILITY

SAAR KENNEL

Phone: 17 792-064

Location: Sara

General Info: Contact: Freida. Cat and dog boarding. People rave about the setup here and how the staff takes care of your pet while you are on vacation. Dogs are taken out of their kennel several times a day to run in a play area. Felines have a nice set up as well. Price: BD 4.000 per day (as of January 2003).

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will make at left at the 3rd roundabout (enter 6, exit 9) onto Sar Road. Go 0.4 miles and turn right at the 1st right after the Mosque. Go 0.3 miles and the road will bend to the left. Pass Al-Bustan Preschool on you right. Go another 0.1 miles. Sara Kennel will be on your right. If no one answers, honk your horn and someone will assist you.

PETS AND PET SUPPLIES

THE SHIP'S STORE

Location: NSA Bahrain

General Info: Dog, cat and puppy food, cat liter (clay and clump), kennels (when available), cat boxes, dog bones, chewies, and biscuits.

MANAZEL'S

Phone: 17 786-727

Location: Isa Town

Hours: 7:30 a.m. to 10pm EVERYDAY

General Info: Pet supplies as well as hardware supplies like paint, tools, and picture hangers. Seasonal holiday decorations. Some home decorating supplies, candles, pool toys, gardening items, car items.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and go right and then take an immediate right, you will now be parallel to Sh. Salman Hwy. Follow this road to Manazel's, which will be on the left. Parking is in the back of the building.

PETS SHOP

Phone: 17 550-564

Location: Budaiya Hwy near Sanabis

Hours: 0800 - 1300 and 1500 - 1900 seven days a week.

General Info: Vet supplies, pet shampoo, pet carriers, birdcages and accessories. Pet collars, leashes, food, treats, toys, fish supplies and many other things. They have a ready supply of birds and a decent selection of fish. They have recently remodeled their pet showroom, making it more pleasant to shop. No cats or dogs for sale, but there is a sign that they can get pets of all breeds if requested. (Please consult the vet on base for guidance with adopting/ purchasing animals out in town.) They also have LOTS of pigeons!

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 1.5 miles entering the Pearl Roundabout. Take the 2nd exit off the roundabout onto King Faisal Hwy. Take the first exit to the right, marked Jidhafs. If you miss it, take a right at the first light onto Budaiya Hwy. Go to the first light and make a U-turn. The PETS SHOP will be on the right through a metal gate.

FISH GARDEN

Phone: 17 593-793

Location: Budaiya Hwy

Hours: 0900 - 1300 and 1600 – 2200, seven days a week.

General Info: This store carries a lot of American pet supplies, including Eukanuba and Iams foods. They have a decent selection of fish; rodent type animals including guinea pigs, hamsters, and rabbits; and usually a cat or two. They have a great selection of fish foods and supplies, as well as bird supplies.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go through two roundabouts. Take a right just after the big Arabic Pepsi Sign into the parking lot. The Fish Garden is in the middle of a few stores with Golden Dough on the right and a ladies salon on the left.

FISH WORLD

Phone: 17 593-733

Location: Budaiya Hwy.

Hours: 0830 – 1300 and 1530 – 2030, seven days a week.

General Info: This store has the best selection of fish, providing they have just received a shipment. If the selection is poor, ask them when they will get more fish and come back. They have a variety of fish foods and supplies as well. Don't look for other pet supplies here. Just fish.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and U-turn at the 3rd roundabout (enter 6, exit 6). Go 0.9 mile and turn right into a strip shopping area. Fishworld is on the right, the first one on the corner.

BAHRAIN SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

Phone: 17 591-231

Location: Saar

General Info: The only animal welfare organization in the Gulf. Run almost entirely by volunteers and is a charity supported entirely by public donations. They ALWAYS need volunteers, if only to pet and walk the animals.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 6.4 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right

at the exit sign that says Saudi/Budaiya. This will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 6.4 miles, exit right at Sar Exit. Go 0.8 miles and turn right immediately after the speed bump. Go 0.3 miles and the BSPCA will be in front of you. Veer right and turn left to park and enter the front gate.

SERVICES

GAS STATIONS

JUFFAIR AVE

Location: Juffair/Adliya
Directions: From Grand Mosque: Take a left on Al Fatih Hwy. Go 0.5 mile and take a right at the first light. Go approximately 0.1 mile. Gas station will be on your left.

TUBLI

Location: Tubli
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 2.3 miles and turn left at the 2nd light (there will be a McDonalds on your left). Go right at the little roundabout. You will now be parallel to Causeway Rd. Continue straight and the gas station will be on the right.

ZINJ/ADARI PETROL STATION

Location: Zinj
Directions: From Grand Mosque take a left on Al Fateh Hwy. Go 1.0 mile and turn right at 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Pass through two lights. After the 2nd light, look to the right and you will see a Dairy Queen. Take the next right hand turn after the Dairy Queen. The gas station will be ahead of you on the left.

CENTRAL MARKET/AL MUNTAZAH MARKET

Location: Manama
General Info: There is a car wash behind the gas station.

Directions: From the Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.6 miles and you will approach the Pearl Roundabout (stay in the left two lanes). Take the third right off the roundabout onto Suwaifiyah Ave. (enter 6, exit 8). The gas

station is on the right immediately after Al Muntazah Market (across from Marina Mall).

EXHIBITION AVE.

Location: Al Hoorah/Manama

Directions: From the Grand Mosque: Take a right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. At the third roundabout, take the first right (enter 6, exit 3) onto Tarafa Bin al Abd Ave. The gas station will be on the left.

ALOSRA ROUNDABOUT

Location: Budaiya/Sar

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will see the gas station on the left as you approach the 3rd roundabout. To enter the gas station, approach the 3rd roundabout and exit onto Sar Rd. (enter 6, exit 9). Go 0.1 mile and take your first left and the entrance to the gas station will be in front of you.

EXHIBITION CENTER

Location: Sanabis

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout (Seef Mall will be on your right). Take the 3rd exit off the roundabout at the sign will say Exhibitions Center (enter 6, exit 11). Go straight on Avenue 28 until you come to the roundabout at the Exhibition Center, passing GEANT (Bahrain Mall) on the left. Go through the roundabout (enter 6, exit 12). The gas station will be on the right.

ISA TOWN

Location: Isa Town
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and turn left (enter 6, exit 9) into the Isa Town Gate. Go straight and turn right at the next roundabout onto Al Quds Rd (enter 6, exit 3). Go to the next roundabout and bear left (enter 6, exit 9). Follow this road to another roundabout and turn right (enter 6, exit 3). The gas station is on the right.

AUTO REPAIR/GARAGES/DEALERSHIPS

NAHRAWAN CAR SERVICES

Phone: Garage Phone: 17 590-148
Nael Ghali Mobile: 3 966-8008 / Mahdi Ahmed Mobile: 3 966-8640
Location: Budaiya
General Info: Both owners speak excellent English. They both are also mechanical engineers by profession. They treat women as knowledgeable and are fair in their assessments and prices. They will also assist you if your car breaks down.
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles. Take the Madinat/Hamad/Manama City Centre exit and bear RIGHT onto the Manama City Centre exit. This will put you on Sh. Kalifa Bin Salman Hwy. Go 1.7 miles and take the first exit (Manama West/Budaiya Exit). At the roundabout (Burgerland Roundabout) go right (enter 6, exit 3). Nahrawan is on the right. Look for the big blue GoodYear sign.

GATE CAR

Phone: 17 729-428
Location: Juffair
General Info: Quick response for towing cars and only charges BD 5.000 for tow services. He also makes house calls for BD 5.000. He's honest, quick and does a fantastic job.
Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn left at the first light onto Juffair Ave. Take your 3rd left turn (just past the bus stop). Go straight a block and look to your left and you will see Gate Car Garage in front of you facing the street.

TOYOTA / LEXUS

Phone: 17 730-730

Location: Sitra
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Go 0.7 mile and turn left at the first traffic light. After the 2nd light, go 0.2 mile and Toyota/Lexus will be on your right.

CHEVROLET

Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the first traffic light. After the 2nd light, go 0.2 mile and Chevrolet will be on your left.

BMW/LANDROVER

Phone: 17 750-750
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the first traffic light. After the 2nd light go 1.4 miles and BMW/Land Rover will be on your right.

NISSAN/INFINITI

Phone: 17 736-060
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the first traffic light. After the 2nd light go 1.9 miles and Nissan/Infiniti will be on your right.

FORD

Phone: 17 737-373
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the first traffic light. After the 2nd light go 2.3 miles and Ford will be on your right.

VOLKSWAGON

Phone: 17 701-333
Location: Sitra
Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the first traffic light. After the 2nd light, go 3.6 miles and Volkswagen will be on your right.

DODGE

Phone: 17 238-822
Location: Zinj

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Turn right at the second traffic light (Hwy 35). At the 2nd traffic light (0.8) turn left. Go 0.2 mile and Dodge will be on your right. HOWEVER, you must travel down a mile and turn right at the Tashan sign. At the stop sign go left and go left again at traffic light. Travel 0.9 of a mile and Dodge will be on your right.

BAHRAIN POSTAL SERVICES

MAIN POST OFFICE

Location: Government Ave., Manama (across the street from the Manama Souq, “Bab Al Bahrain”).

Directions: From Grand Mosque: Take a right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left side, go to the roundabout ahead of you and U-turn (enter 6, exit 6) and take the first right into the parking lot. Facing the KFC look to the right and you will see an arch. This is the entrance to the “Bab Al Bahrain”. Now standing in front of the Bab Al Bahrain, turn so that your back is to the Bab. The Post Office is directly across the street.

ADLIYA POST OFFICE

Location: Adliya (Off Sh. Isa Ave)

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Turn left at the first light onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to the 1st light and turn left onto Sh. Isa Ave, then take an immediate right. Turn right at the little roundabout, the Post Office will be on the right.

POST OFFICE, BAHRAIN MALL

Location: Bahrain Mall

Hours: 0900 - 1100 a.m. and 1800 – 2000.

Directions: See “Malls” listed under “Shopping” for directions to Bahrain Mall. The Post Office is located on the 1st floor.

CAR WASH

ACLEAN CAR, CAR WASH

Location: Off Exhibition Ave.

General Info: This automatic car wash is better for your car than hand washing; the sand is removed, not just moved. Cost: BD 1.000 outside; BD2.000 inside/outside. Extra for large vehicles.

Directions: From the Grand Mosque: Turn a right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. At the 2nd roundabout (Fountain Roundabout) bear left onto Zubarah Rd (enter 6, exit 9). Go about 1 block and you will see the car wash sign which is mounted on a gray wall. Take the 2nd right and then a 1st right to enter the car wash from the rear of the building. A man will come to your car and collect the money.

BEAUTY PARLORS

SAYIDATY

Phone: 17 722-212

Location: Adliya

General Info: Reasonable prices (BD5 manicure/pedicure), friendly, easy to get appointment. Cost 3 BD and up.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. Pass the Gulf Hotel on your left and turn left at the next traffic light onto Osama bin Zaid Rd. (a.k.a. Shwarma Alley). Follow Osama Bin Zaid Rd and turn right at the 2nd light onto Adliya Ave. (Fuddruckers will be on your right). At the next light turn left onto Kuwait Ave. You will pass Sayidaty on the right. Take the next right (Road 3211). Take the first right onto road 3213. You are now parallel to Kuwait. Pass an empty lot on the right and a row of 3-5 villas. Turn right on the next road as if you are going around the block. Sayidaty faces Kuwait Ave.

RACHNA'S HENNA SALON

Phone: 17 716-699

Location: Adliya

General Info: Excellent job of Henna. Cost 4-6 BD (average).

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. Pass the Gulf Hotel on your left and turn left at the next traffic light onto Osama bin Zaid Rd, a.k.a. Shwarma Alley. Go through the light at Sh. Isa Ave. Pass Al Jazira Cold Store on the right and take an immediate left (opposite the KFC). Take the second right; you will see the salon on the left hand side opposite Casa Mexican Restaurant.

JOZ'S BEAUTY FOR MEN AND WOMEN

Phone: 17 534-997

Location: Sheraton Complex, Manama

General Info: Facials, Bikini Waxing, Full Body Massage, Henna, Hair Styling. Men and women salons are separate. Cost: very reasonable.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Turn left at the 2nd light onto Palace Ave. Go to the roundabout and bear right onto Government Ave. Go to next roundabout and bear right onto Isa Al Kabeer Ave. Take the first right into a gated parking lot. Joz' s Beauty Salon will be on the right, inside the Bahrain Commercial Complex.

TRAVEL AGENTS

BAHRAIN INTERNATIONAL TRAVEL

Phone: 17 223-315

Location: Manama Souq

Hours: 0900 - 1230 and 1500 - 1800. Prompt service and very knowledgeable about FEML (Funded Environmental Morale Leave).

General Info: Contact George.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left side, go to the roundabout ahead of you and U-turn (enter 6, exit 6) and take the first right into the parking lot. Walk across the street towards Dairy Queen. Bahrain International Travel is located on the first floor in the large bank building behind the Dairy Queen.

BASMA TRAVEL

Phone: 17 725-392

Location: Juffair (near the XEROX building)

General Info: Ask for Loy. Loy will work the best deal for you. He is a reliable, nice person and knows how to process FEML.

Directions: Take Awal Ave (the road next to the Grand Mosque) away from the Al Fatih Hwy. Turn right at the first opportunity, as if you were going to the base. At the "T" intersection, turn right. Drive 0.4 following the road as it veers left. Havana's Restaurant will be on the right. Turn into the mall complex after Havana's and Basma Travel will be about halfway down on the right.

COMPUTER SERVICES

PC DOCTOR

Phone: 17 251-114

Location: Lulu Center

General Info: Hours: 10:00 a.m. - 12:30 p.m. and 4:00 p.m.- 8:00 p.m. Carries a variety of hardware (speakers, monitors). Also have technicians for repairs. Friendly environment and most reasonable prices for PC products.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.6 miles and U-turn at Pearl Roundabout (enter 6, exit 6). Take your first right at the LULU Center Sign. At the light, turn right. PC Doctor is located in the white building on your left (same building as Mega Mart). First hallway on your left as you enter the main door.

PHOTOGRAPHY

DIGIMAX Digital Studio Lab & Graphics

Phone: 17 716-765

Location: Adliya, Osama Bin Zaid Ave. (Shwarma Alley)

Hours: Saturday – Thursday, 0830 - 2200. Friday, 1100 - 2200.

General Info: Family portraits. Digital pictures.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Shwarma Alley). Digimax will be a short distance on the left side (about the 5th shop on the left).

SEWING MACHINE REPAIR SERVICES

AL-KHAYYAT TRADING EST.

Phone: 17 223-321

Location: Manama Souq

General Info: Sale and repair all kinds of sewing machines, mixer grinders, juicers, irons, and other electrical equipment.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left, go to the roundabout ahead and U-turn (enter 6, exit 6) and take the first right into the parking lot. Walk across the street towards KFC fast food restaurant. Facing the KFC, look to your right for the “Bab Al Bahrain Arch”. Go through the arch. Walk straight and turn right when you see “Mohammed Jamil Fabrics”. Al-Khayyat Trading Est. will be on your right.

HOME, FURNITURE AND HARDWARE

(Moving damage repair)

UPHOLSTERY & DECORATOR FABRIC SHOPS

ABID CURTAINS & UPHOLSTERY

Phone: Office: 17 721-626 Mobile: 3 962-2311

Location: Mahuz/Tubli

General Info: Repairs damage to upholstery. Does an excellent job at re-upholstery at a fair price. Specializes in curtains, carpets, and upholstery. Can also make bed comforters and pillow shams

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Take the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. Go 0.4 miles and ABID's will be on the right after a long strip mall.

CARPENTRY SHOPS

AL NOOH

Phone: 17 694-569/17 691-300

Location: Qurayyah, off Janabiya Hwy.

Hours: 0700 - 1200 and 1330 – 1630. Closed Fridays.

General Info: Lumbar yard and carpentry shop.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and take the Budaiya/Riffa exit. You will see Kid's World on your right. After the exit turn right onto Janabiya Hwy. Go 1.9 miles taking the 1st right after the Northern Government Office Building. There will be a sign with A.E. ALHOOH & Sons. Take your first left into the lumberyard (it will look like a village). Weave down the road and the Sales Office will be on right.

HARDWARE STORES

BOKHAMMAS

Location #1 Exhibition Ave

Phone: 17 714-174

Hours: 0730 - 1230 and 1330 – 1900

General Info: All kinds of hardware supplies, paint, tools, key making.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the 1st light, turn left onto Sh. Daij Ave. Then take the 1st right onto Exhibition Ave. Bokhammas will be on the left within a block. You will see a yellow/green sign.

Location #2 Adliya - Bokhammas Trading

Phone: 17 716-669
Hours: 0800 -1230 and 1600-2000
General Info: Hardware supplies, paint, tools, kitchen utensils, artificial flowers, and misc toys.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. At the 1st light turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go through the next light. Go down a block and turn right just past the Baskin Robbins. Continue straight ahead, you will see a line of shops on your right. Bokhammas is the last shop on the right.

Location #3 Isa Town - Bokhammas Trading

Phone: 17 784-404
Hours: 0800 - 1230 and 1600-2000
General Info: Hardware supplies, paint, tools, kitchen utensils, artificial flowers, and misc toys, key making.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 1st roundabout and make a left (enter 6, exit 9) onto Amman Ave. Take the first immediate left (you will see Marhaba Market on the left). Go approximately 0.1 mile and turn left; take the first right and then left at the next turn (approx. 0.1 mile). Bokhammas and the parking lot will be on your right.

MANAZEL'S

Phone: 17 786-727
Location: Isa Town
Hours: 0730 - 2200 EVERYDAY
General Info: Hardware supplies like paint, tools, picture hangers. Seasonal holiday decorations. Some home decorating supplies, candles, pool toys, gardening items, car items.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and go right (enter 6, exit 3). Then take an immediate right; you will now be parallel to Sh. Salman Hwy.

Follow this road to Manazel's, which will be on the left. Parking is in the back of the building.

FURNITURE

HOME CENTRE

Phone: 17 250-034
Location: Marina Mall
Hours: 1000 - 2200 seven days a week
General Info: Dining room tables, couches, beds, entertainment centers, etc. Also carries a large supply of home décor items

Direction: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8 onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right in order to get into parking lot of the Marina Mall. Home Centre is located on the 2nd floor.

ROSEWOOD COLLECTIONS

Phone: 17 225-666
Location: Manama Souq
Hours: 0830 - 1230 and 1600 - 2000
General Info: Contact: A.J. Syed. Custom-built and designer furniture can make furniture from a catalog picture. Work is guaranteed rosewood furniture. Nice repair work and will come to your home and give estimates for that moving damage. Also custom made Bahraini benches. Very friendly atmosphere and A.J. speaks excellent English.

Directions: See "Souqs" listed under "Shopping" in the Camel Crossings for directions to the Manama Souq. Enter the souq at the Bab Al Bahrain Arch. Go through the arch and take your immediate left. Turn right at the 2nd street (if you look up you will see a yellow "Ethnic Crafts" sign). Go all the way down the street and you will see Rosewood Collections on your right. If you get lost, call A.J., he will be happy to find you and show you the way to the shop.

AL-WASMI

Phone: 17 333-499
Location: Busaiteen
General Info: They make beautiful custom made furniture. You can choose pieces from your favorite furniture catalog and they will copy it exactly. You must be specific about the type of wood and stain color or they will automatically use oak. Manager: Ali Marzooq, mobile # 3942-0202.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles

and turn right at the 3rd traffic light onto Sh. Isa Bin Salman Causeway. Go over bridge and take the first left. Go straight and go through the first roundabout. Go to the end of that road and take a right. Go straight to the end of the road and make a right; then take the first left and the shop is the only shop on the right.

****There is a collection of furniture shops on Sh. Salman Hwy for your shopping pleasure to find that right thing you are missing in your new home. Directions to this general area are as follows:**

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 and exit 1st right at the Manama West Exit onto Sh. Salman Hwy. Drive along this road and you will see numerous furniture stores. If you go approx 2.5 miles (from where you exit) and turn right onto Hwy 35 and go approx 0.5 mile and approach the 2nd light this will bring you back to the Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Road). Turn left at this light and you will pass the American Embassy on your left.

CARPETS

****NOTE:** It is best to attend the Carpet Buying Seminar offered by the Fleet and Family Support Center (FFSC) before buying carpets. Always shop and compare prices before deciding on a purchase.

CARPET HOUSE

Phone: Store: 17 710-163. Mobile: 3946-5687
Location: Adliya; Schwarma Alley
Hours: 0900 -1300 and 1600 –2200
General Info: Point of Contact. Mohammed. Mohammed does many of the rug flops for the ships that pull into port here. He speaks excellent English and is very helpful.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go through one traffic light. His shop is approximately one block down on the right just past the Baskin Robbins.

OASIS HANDMADE CARPET CENTRE

Phone: Store: 1771-3197 Mobile: 3946-0324
Location: Adliya - Osama Bin Zaid Ave (a.k.a. Shwarma Alley)
General Info: Contact: Abdul Wahed Abdulla. All kinds of handmade carpets. Abdul is very helpful and friendly. Abdul does many rug flop parties, provides local food for the party. He will bring the food, set up and leave for approximately an hour for you to mingle with your guests and then return with a lot of rugs for you and your guests to look at and buy, however, no obligation.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). When the road turns to the right, Oasis Carpets will be on your right.

CITY CARPETS

Phone: Store: 17 716-158. Mobile: 3961-3269. Bleep: 3937-3271

Location: Adliya

General Info: Contacts: Abdul and Sadiq Al-Omari (brothers). Abdul and Sadiq are happy to give free carpet lessons without expectation to purchase. 35 years of experience in the business. Wide range of old and new carpets, different qualities and sizes. Most carpets are from Iran, some Afgan and Indian Pakistani. Willing to negotiate interest free payment plan. Transportation to home provided to view carpets without obligation to buy. If carpet search doesn't prove fruitful, they will try and locate carpets at their other two carpet shops or take a trip to Iran!!!

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). City Carpet is first carpet shop on the right side of the road.

BRADRAN'S CARPETS

Phone: 17 228-655

Location: Near Manama Souq/Gold City

Hours: Saturday - Wednesday 0830 - 1300 and 1530 - 1900 Thursday, 0830 – 1930. Friday 0900 - 1200

General Info: Persian and Chinese carpets of the best quality. These are the men who teach the class by Fleet and Family Services Centre. They are very willing to spend time teaching about the carpets. Great place to start learning. The prices are set and determined by the strength of the Iran currency. No haggles make comparison easy. Oriental carpets and more for home decorating and gifts.

Directions: See “souqs” listed under the “Shopping” section of Camel Crossings for directions to the Manama Souq. Before walking through the Bab Al Bahrain Arch, turn right and walk right along Government Ave (this is the road in front of the Arch). Walk a couple of blocks and turn left after the Bahrain Islamic Bank and before Gold City. The carpet shop will be on the left.

HANDMADE CARPETS

Phone: 17 293-695

Location: Exhibition Ave

General Info: Ask for Sadiq or Abu Sadiq. Shop is owned by Abu Sadiq, Sadiq's father. Lots of wonderful beautiful Persian carpets, also carries Turkish and Pakistani carpets. May not lower his prices as much as some other shops, but is honest and stands behind the quality of his carpets. Cleans and repairs carpets.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the second roundabout. The shop is in this block on the right. If there is no parking available on the street, take the next right hand turn and bear right into the empty lot to park, then walk back about half a block to the shop.

GARDENING SHOPS

SINGAPORE FLOWERS

Phone: 17 742-456

Location: Adliya

General Info: They have indoor and outdoor plants, but their specialties are exotic flower arrangements and orchids. Pricey but you can get a 15% discount if you bargain.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. Turn left onto Osama Bin Zaid (a.k.a. Shwarma Alley). At the next traffic light, cross over Sh. Isa Ave., and continue straight. Pass the Al Jazira Cold Store and KFC on your right. Singapore Flowers is on the left side almost opposite the KFC.

AL-KHAIR AGRICULTURE CENTER

Phone: 697-881

Location: Budaiya Hwy

General Info: Indoor/outdoor plants, fertilizer

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue on Budaiya Hwy. After the 2nd roundabout, go approximately 0.6 mile (about 100 yards after the right turn for Jawads). Al-Khair Agriculture Center will be on the right hand side of the road.

JASSIM'S GARDEN CENTER

Phone: 17 552-808

Location: Sanabis

Hours: Saturday - Wednesday 0830 – 1300 and 1330 – 1930. Thursday, 0830 – 1930. Friday 0900-1200.

General Info: Large selection of indoor plants, some outdoor plants, decorative pots, gardening tools, potting soil, mulch, seeds, and fertilizer.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 1.6 miles entering the Pearl Roundabout. Take the 2nd exit off the roundabout onto King Faisal Hwy. Go to 1st light and turn right onto Budaiya road. Go 0.5 mile and turn right onto Ave 2. Take the first right after small mosque. Jassim's is on the right.

AL MAZRA'AH GARDEN CENTRE AND NURSERY

Phone: 17 731-300

Location: Sitra Industrial Area

General Info: The store clerks are very helpful and know about seasonal plantings. There is a good selection of everything for the home garden. The prices are competitive with the other nurseries. The premises have been recently remodeled and the whole atmosphere is very pleasant.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Turn left at the first light. Go across the Sitra Bridge. Take the first left turn once you cross the bridge (there is a light signal). This road will take you to the industrial area. Follow down this road for two large blocks. Watch for the Al Mazra'ah sign on the right hand side. Turn right. You will see the parking lot and fence set back about 2 blocks from this main road. The Al Mazra'ah Nursery is located almost across from Gate No. 3 of the Industrial Area.

AGRO FLORA

Phone: 17 555-676

Location: Budaiya Rd near Sanabis

Hours: 0700 - 2200 continuous.

General Info: Great service. Large selection of indoor and outdoor plants. Small case of cut flowers and arrangements. They carry a wide selection of accessories including pots, potting soil, seeds, and fertilizers/pesticides. They have an organic pesticide that seems to work quite well. The staff is pretty knowledgeable about what various plants need as far as which need to be in the sun, shade, by a window, etc.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 1.5 miles entering the Pearl Roundabout. Take the 2nd exit off the roundabout onto King Faisal Hwy. Take the first exit to the right, marked Jidhafs. If you miss it, take a right at the first light onto Budaiya Hwy. Go approximately 100 yards and Agro Flora will be on the right side of the road.

ART AND FRAMING

SHEEMA FRAMING

Phone: 17 713-235
Location: Adliya
Hours: 0900 - 1230 and 1600 - 2000
General Info: Contact person: Mustafa Shafiq. . Reasonable prices for good framing. Custom framing and art.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. Turn left onto Osama Bin Zaid (a.k.a. Shwarma Alley). Go through the 1st light. Pass KFC on your right. Turn right just past Peacock Carpets. Take immediate right and then left. It's next to a cold store.

BASHAR ART GALLERY

Phone: 17 727-326
Location: Al Meena Roundabout, Adliya
Hours: 0830 - 1230 and 1500 -1900 everyday except Friday. Friday hours: 1000 - 1200 and 1600 - 1800.
General Info: Contact person: Ali Sheikh Basheer. Framing at reasonable prices. Also sells local paintings.

Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.5 mile and take a right at the first light. Pass gas station on the left and go through the next light passing over Sh. Isa Ave. At the roundabout (Al Meena Roundabout) make a right (enter 6, exit 3). Bashar Art Gallery will be on the right, however the entrance and parking are at the rear of the building, so make the next available right turn and then make another immediate right and drive until the end of the road and park.

AL OREIFI GALLERY

Phone: 17 535-112
Location: Bahrain Commercial Complex (behind Sheraton Hotel)
Hours: 0830 - 1300 and 1600 -2000.
General Info: Gallery and shop of artist Rasid Al Oreifi.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Turn left at the 2nd light onto Palace Ave. Go to the roundabout and bear right onto Government Ave. Go to next roundabout and bear right onto Isa Al Kabeer Ave. Take the first right into a gated parking lot. Al Oreife Gallery will be inside the Bahrain Commercial Complex.

SHOPPING

GROCERY SHOPPING

Everyone will want to try out the food stores that are available in Bahrain. They vary from stores that will look familiar to those that will look very foreign. Produce most often is fresher and cheaper on the economy. This is true of many other products. Spices in particular come to mind. There are many fabulous Indian and Oriental products at great prices. Many stores even have products that are very western. Smaller stores called COLD STORES are like the 7-11 stores in the states. Most neighborhoods have at least one if not more of these little places. Great place to pick up milk and bread. Many will even deliver once you establish a relationship with them.

CENTRAL FISH MARKET

Phone: N/A

Location: Manama (by the Pearl Roundabout)

General Info: Great for VERY fresh fish. Lots of varieties. Feel free to negotiate. Look around as the prices can vary a great deal from one vendor to another. There is a false feeling that you need to go early in the morning for freshness. I have gone at noon and gotten hamour (the local mild, white fish) that is still hopping. Most all fish and shellfish are sold whole. There are people to clean them on site. This is great for whole fish, in hot weather the smell can be oppressive; the floors are always wet and smelly. I suggest taking two pair of shoes and changing before you get back in the car. A rubber bucket or any waterproof container is good as leaks can really last in your car. These tips are from experience and not meant to discourage you from going. You can really get some great fresh fish for a good price. It can be a fun place for kids as most of the vendors love kids and delight in showing them the different kinds of fish. If you like calamari (squid), it is a great deal here and is available year round; shrimp is seasonal. It can be a good buy, but beware. Some vendors put large shrimp on top so make sure that you are getting the size shrimp you pay for. In Bahrain, shrimp is generally referred to as prawns. This is not necessarily a size designator.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwaifayah Ave. At the first traffic light U-TURN and then make your 1st right. The Marina Mall will be on your right and the Fish Market is on your left.

CENTRAL VEGETABLE MARKET

Phone: N/A
Location: Manama (by the Pearl Roundabout)
General Info: Better quality and better prices on fruit and vegetables than you will find in the regular stores. Great place with lots of cool stuff. In the fruit section, the vendors tend to sell by the case. Good prices, but you will probably want to split stuff with friends. This is generally not the case in the vegetable section. There are lots of choices and some vendors will let you taste.
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right. Go past the Marina Mall and the Fruit/Vegetable Market will be on the right.

JAWADS SUPERMARKET

Phone: 17691010
Location: Budaiya
General info: This is a good supermarket that caters to western tastes. You will find a variety of products including produce, bakery, meat, and deli. There is a pork section here that has a good selection. Pork is available, but pricey. This store has a variety of products, some are priced right and some are expensive. At Christmas they have some cute ornaments at really good prices. Be sure and apply for a Jawads card if you plan on shopping here on a regular basis. You will get credit towards “Jawads” dinar that are redeemable at several places on the island. I find this store and “the big” Al Jazira comparable. Some things are either more available or a better price here and vice versa. Much depends on where you live and shop.
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya , this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue straight thru two roundabouts. Jawads is on the right a short distance after the 2nd roundabout. Look for the sign as the store sits off the road about 0.2 miles. If you reach the 3rd roundabout, you’ve gone too far.

AL JAZIRA

Phone: 17 740-111
Location: Mahooz, Um Ishoom Ave and Al Qadisiya Ave

General info: Basically see Jawads. I think the bread is better here. They also have an “Al Jazira” card. It is so worth it to take advantage of this offer.
Hours: 0800 - 2200 seven days a week.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmi Restaurant on the left after you make the right turn. At the first right, make a right onto Um Ishoom Ave. Al Jazira’s grocery store will be on your left.

ALOSRA SUPERMARKET

Phone: 17697558

Location: Budaiya - Sara Road

General Info: A little better selection than Jawad’s Supermarket, but basically the same.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya. This will bypass the Pearl Roundabout. After the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will see Alosra Supermarket on the left as you approach the 3rd roundabout. To get to the supermarket, approach the 3rd roundabout and turn left at Sara Rd. (enter 6, exit 9). Go 0.1 mile and take your first left into the supermarket parking lot.

*****Bahraini bread can be found at many bakeries throughout the island; however, the directions listed below are to a bakery located in Juffair near the base.

Directions: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.2 mile and turn left just after the bus stop. There will be a row of shops in front of you. Slightly to the right in this row is a cold store with light blue shutters; this is the bread place. If you go in the afternoon/evening you’ll see people coming out with stacks of bread!

SOUQS (MARKET PLACES)

MANAMA SOUQ

Location: Manama

General Info: You can find all sorts of local craft items here as well as electronics, kitchen appliances, sheets, baskets, fabric, furniture, toys, and gold, lots of gold. A good rule is to price items at GEANT or GIANT to make sure you can bargain for a fair price. Parking is .200 fils for the first two hours and .100 fils for each additional hour. Souq hours generally 0830-1230 and 1600-2000. If you get hot and want some refreshments, try relaxing at the La Veranda Restaurant/Coffee Shop located in the Aradous Hotel. They have lunch buffet and a nice view of Manama and the water. See "Local Variety" listed under Restaurants in the Camel Crossings for details.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left side, go to the roundabout ahead of you and U-turn (enter 6, exit 6) and take the first right into the parking lot. Looking at the KFC, you will need to cross Government Ave. Facing KFC look to the right and you will see an arch. This is the entrance to the "Bab Al Bahrain" Manama Souq.

MUHARRAQ SOUQ

Location: Muharraaq

General Info: One of the least changed areas of Bahrain. In the back streets you can see much of the old style architecture. On the main street you can visit fabric shops, sweet shops, etc. Most shops close around 1230 and re-open around 1600.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right onto Sh. Isa Bin Salman Causeway. Go over the sail bridge. At the 2nd light turn right onto Sh. Salman Ave. Go through the roundabout (enter 6, exit 12) and turn left at the big bridge. Go straight through the small roundabout and you are at the souq. Parking is best in the first parking lot on the right. It's about 200 fils to park for 2hrs. Additional parking is on the street...good luck.

ISA TOWN SOUQ

Location: Isa Town

General Info: Fabric, dishes, kitchen utensils, odds and ends. Household items. Casual furniture. Rubbermaid-like items. No fee for parking. This souq is MUCH smaller than the Manama Souq. Souq hours generally 0830-1230 and 1600-2000.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and turn left (enter 6, exit 9) into the

Isa Town Gate. Go straight and turn right at the next roundabout onto Al Quds Rd (enter 6, exit 3). Go to the next roundabout and bear left (enter 6, exit 9). Follow this road to another roundabout and turn right (enter 6, exit 3). At the 2nd street turn right. The Isa Town Market and the parking lot will be on the left. No fee for parking.

JEWELRY

****NOTE:** It is best to attend the “Gold Buying Seminar” offered by the Fleet and Family Support Center (FFSC) before buying gold. Always shop and compare prices before deciding on a purchase. There are a lot of gold shops, so take your time and make a good purchase. FFSC offers gold buying seminars monthly. Call or stop by the FFSC for further information. Phone 17 85 4046.

GOLD SOUQ

- Location:** Manama Souq
- General Info:** The shopping mall for Gold!!! Dozens of gold, silver and gems shops all in one area. Closes on Friday's at noon for the rest of the day.
- Directions:** See “Souqs” listed under “Shopping” for directions to the Manama Souq. Enter the Manama Souq through the Bab Al Bahrain Arch. Cross the street and walk straight making a left turn at the 3rd street on your left (fabric shops will be on the right). The first building on the left will be the Gold Souq.

GOLD CITY

- Location:** Walking distance from Manama Souq
- General Info:** Similar to Gold Souq. You can park in the Manama Souq parking areas and walk a few blocks or you can drive directly to Gold City and use their free Valet Parking. Hours: 0930 – 2130, everyday except Friday. On Friday most shops only open in the evening.
- Directions:** From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Go to 2nd light and turn right onto Government Ave. Go a short distance (few blocks) and you will see Gold City on your left.

SOUVENIRS AND HANDICRAFTS

KASHMIR ART EMPORIUM

- Phone:** 17 253-234
- Location:** Manama Souq
- General Info:** Large selection of crafts, brass, silver and jewelry. Hours: Saturday - Thursday 0830 –1230 and 1530 - 2000 and Friday 0900 -1200.
- Directions:** Follow directions to Manama Souq listed under “Souqs” in the “Shopping” section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch, take your first left. Turn

right at your second street (there will be a yellow sign with red lettering for Ethnic Crafts). When you come to a “T” turn left. The store will be a few shops on your right.

DANAH HANDICRAFTS

Phone: 17 211-954
Location: Juffair (near Bahrain School)
General Info: Souvenirs and handicrafts

Directions: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles to the first roundabout and Danah Handicrafts will be on your left. Parking in back.

ETHNIC CRAFTS

Phone: 17 556-246
Location: Juffair (near Bahrain School) and Manama Souq.
Hours: Saturday - Thursday 0930 – 2000 and Friday 1630 - 1930.
General Info: Wide variety of crafts and souvenirs from Bahrain, India and Pakistan.
Juffair

Direction: Location #1: From Grand Mosque: Turn left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Go 0.4 miles to the first roundabout and Danah Handicrafts will be on your left. Parking in back.

Manama Souq

Direction: Location #2: Follow directions to Manama Souq listed under “souqs” in the “Shopping” section of Camel Crossings. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch, take your first left. Turn right at your second street (there will be a yellow sign with red lettering for Ethnic Crafts). Ethnic Crafts will be about halfway down this street on your left. Hours: 0830 – 1300 and 1600 - 2100. Friday, 1600 – 2030.

BOOKSTORES

NATIONAL BOOKSHOP

Phone: 17 293 840
Location: Exhibition Road
General Info: Nice selection of books.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Just after the first roundabout, you will see National Bookstore on your left. You may want to go to the 2nd roundabout and U-turn (enter 6, exit 6) and park on the side of the road if no parking available on right side of the road.

THE BOOKCASE

Location #1: Budaiya Hwy.

Phone: 17 690-566 Email: bookcase@batelco.com.bh
Website: bahrainbookcase.com
Hours: Open seven days a week from 0900 - 1300 and 1600 - 2000.
General Info: Nice selection of books, gifts and school supplies for all the family.
Kind of like a Hallmark store.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 4.6 miles passing through or around the Pearl roundabout and the Seef Mall roundabout (you will want to drive in the right two lanes to bypass the Pearl roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After 4.6 miles, take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and U-turn at the 3rd roundabout (enter 6, exit 6). Go 0.3 mile and turn right. The Bookcase will be on your right.

Location #2: Seef Mall, First Floor

Phone: 17 581-315.
Email: bookcase@batelco.com.bh
Website: bahrainbookcase.com
Hours: Open Saturday - Thursday 1000 – 2100 and Friday 1000 –1900.

General Info: Gifts and gift books for all the family.
Directions: See “Malls” listed under “Shopping” in the Camel Crossings for directions to Seef Mall. The Bookcase is on the first floor.

FAMILY BOOKSTORE

Phone: 17 211-288
Location: Near American Mission Hospital.
Hours: 0800 - 1230 and 1630 - 2100.
General Info: Good selection of adult and children’s books and paperbacks. Popular novels, new releases, local history, culture, and local language. Also carries a large selection of non-fiction including bibles, dictionaries, etc.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 0.7 mile and turn right at the first light onto Kuwait Ave. When you cross over Salmaniya Ave., the road will now be Mutanabe Ave. Continue on to the roundabout and bear right onto Sh. Isa Al Kabeer

Ave. You will come to a split in the road, bear left to stay on Al Kabeer Ave. Pass American Mission Hospital on the right. The road will bear around to the left. You will see Family Bookstore on the right just after the bend. Parking is behind the shop.

TOYS

TOYS R US

Location: Sanabis, next to Seef Mall
Hours: 10:00 a.m. - 10:00 p.m. seven days.
General Info: Prices generally run higher than stateside prices, but this is no postage and handling!!!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout At the roundabout; take a right (enter 6, exit 3). Take another first right. Toys R Us will be on your right.

THE SHIP'S STORE

Phone: 17 724-337
Location: NSA Bahrain
General Info: At Christmas time, the Ship's Store sets up a Toyland and has a variety of toys and games. The toys and games are primarily for young toddlers and primary grades, not much for older children and teenagers.

MULTI-PURPOSE STORES

GEANT HYPERMARKET

Phone: 17 588 181
Location: Sanabis, Bahrain Mall.
Hours: 1000 - 2400, seven days a week.
General Info: GEANT is the closet thing to a Wal-Mart Superstore here in Bahrain. They carry clothing, shoes, some hardware supplies, toys, computer and electronic equipment, furniture items, household supplies, groceries.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says

Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. Take the 3rd exit at the Seef Mall Roundabout, the sign will say Exhibitions Center (enter 6, exit 11). Go straight and take your first left into the Bahrain Mall parking garage. GEANT is located on the 2nd floor.

GIANT

Location: Sanabis - Dana Mall

General Info: GIANT is a smaller scale GEANT, which is located at the Dana Mall.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall you will need to make a U-turn (enter 6, exit 6). Go approximately 2 mile and take your first right. Dana Mall will be on your left. Go to the roundabout and U-turn (enter 6, exit 6) and make your first right into the Dana Mall parking garage. GIANT is on the 2nd floor.

BOKHAMMAS

Location #1 Exhibition Ave

Phone: 17 714-174

Hours: 0730 - 1230 and 1530 – 1900

General Info: All kinds of hardware supplies, paint, tools, key making.

Directions: From Grand Mosque: Turn right onto Al Fatih Hwy. At the 1st light turn left onto Sh. Daij Ave. Take the 1st right onto Exhibition. Bokhammas will be on the left within a block. You will see a yellow/green sign.

Location #2 Adliya - Bokhammas Trading

Phone: 17 716-669

Hours: 0800 - 1230 and 1600 - 2000

General Info: Hardware supplies, paint, tools, kitchen utensils, artificial flowers, misc toys.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. At the 1st light turn left onto Osama Bin Zaid Ave (Schwarma Alley). Go through the next light. Go down a block and turn right just past the Baskin

Robbins. Continue straight ahead, you will see a line of shops on your right. Bokhammas is the last shop on the right.

Location #3 Isa Town - Bokhammas Trading

Phone: 17 784-404

Hours: 0800 – 1230 and 1600 - 2000.

General Info: Hardware supplies, paint, tools, kitchen utensils, artificial flowers, misc toys, key making.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 1st roundabout and make a left (enter 6, exit 9) onto Amman Ave. Take the first immediate left (you will see Marhaba Market on the left). Go approximately 0.1 mile and turn left; take the first right and then left at the next turn (approx. 0.1 mile). Bokhammas and the parking lot will be on your right.

MANAZEL'S

Phone: 17 786-727

Location: Isa Town

Hours: 0730 - 2200 EVERYDAY

General Info: Hardware supplies like paint, tools, picture hangers. Seasonal holiday decorations. Some home decorating supplies, candles, pool toys, gardening items, car items.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Go to the 2nd roundabout and go right (enter 6, exit 3). Then take an immediate right, you will now be parallel to Sh. Salman Hwy. Follow this road to Manazel's, which will be on the left. Parking is in the back of the building.

DISCOUNT HOME STORES

Location: Adliya (off Sh. Isa Ave)

General Info: Clothes, shoes, home appliances, home décor, shelving unit, dishes.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. You will see Discount Home Store on your left as you approach the first roundabout. Make a U-turn at the roundabout (enter 6, exit 6). Take your 1st right and another 1st right to get to the parking lot in front of the store.

MALLS

SEEF MALL

- Location: Sanabis
Hours: 1000 - 2200. Seven days a week.
General Info: Cinema showing the most recent movies. Movie prices are comparable to the states. Also has two food court areas including Pizza Hut, Dairy Queen, and McDonalds. Clothes are fairly expensive, but look for the sales and you can purchase quality clothes at a descent price.
- Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, take a right, (enter 6, exit 3). Take another first right. The Seef Mall will be on your right.

A'ALI MALL

- Location: Sanabis
General Info: Mainly upscale clothing stores.
- Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, take a right, (enter 6, exit 3). Take another first right. The Seef Mall will be on your right. Drive a short distance further and pass the Toys R Us and the A'Ali Mall will be on your right.

BAHRAIN MALL

- Location: Sanabis
Mall Hours: 1000 - 2400. Seven days a week.
General Info: Futon World (a neat play area for the kids with games and rides, including a roller coaster ride for small children). Also in the Bahrain Mall you will find GEANT located on the 2nd floor. GEANT is the closet thing to a Wal-Mart Superstore here in Bahrain. Food court includes Dairy Queen, Burger King, KFC and other ethnic food available. Bahrain Post Office located on 1st floor and the hours are 0900 - 1100 and 1800 – 2000.

Directions: From Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. Take a left (enter 6, exit 11) at the Seef Mall Roundabout at the exit sign will say Exhibitions Center/Daih/Sanabis. Go straight and take your first left into the parking garage.

DANA MALL

Location: Sanabis

General Info: Has a mini-amusement park inside the mall including a water ride, roller coaster ride. Neat place to take the kids. Also has a food court that includes a Chili's restaurant. GIANT is located on the 2nd floor of the Dana Mall. GIANT is a smaller scale GEANT, which is located at the Bahrain Mall.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles, you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, you will need to make a U-turn (enter 6, exit 6). Go 0.8 mile and take your first right at the Sanabis exit sign. Dana Mall will be on your left. Go to the roundabout and U-turn (enter 6, exit 6) and make your first right into the Dana Mall parking garage.

MARINA MALL

Location: Zinj/Pearl Roundabout

General Info: A large shoe store located in this mall as well as reasonably priced clothes. There is also a Home Center on the 2nd floor that has a lot of nice things to help with your home décor. At Christmas, they do carry a limited supply of Christmas decorations. Hours: 1000 – 2200, seven days.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6

miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwaifiyah Ave. At the first traffic light U-TURN and then make your 1st right in order to get into parking lot.

YATEEM CENTRE

Location: Near Manama Souq.

Hours: 0900 - 1300 and 1600 - 2100. Seven days a week.

General Info: Like shopping in the souq, but with air conditioning. This mall includes sport stores, shoe stores, souvenir shops, ethnic and western clothing, a shoe repair shop, ice cream and sweet shop, card shops. Bathrooms here are usually clean and stocked.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go 1.1 miles and turn left at the third light. Take the first right and you will see a parking lot on your right and left. To park on the right, take the immediate right into the parking lot. To park on the left side, go to the roundabout ahead of you and U-turn (enter 6, exit 6) and take the first right into the parking lot. Look for the BATELCO COMMERCIAL CENTRE (across the street facing away from the water). Yateem Centre will be to the left-backside of the Batelco Commercial center.

GOSI COMPLEX

Phone: 17 291-551

Location: Exhibition Ave.

General Info: Batelco Office located in this building. This is also a twin movie cinema here and some shopping. Most of the shops in Gosi Complex close for mid-afternoon.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after going through the 3rd roundabout, turn right just after the pedestrian crossing. Parking in back.

ET CETERA/ODDS AND ENDS

RAMEZ TRADING CENTER

Location: Pearl Roundabout, near Central Fish Market.

Hours: 9:00 a.m. to midnight, seven days a week.

General Info: Like a dollar store but a “Dinar Store”. Most items are BD 1.000 or less. Nicer items up to BD 4.000. Huge wall of perfumes, great buys on art materials. Upstairs is local clothing and scarves. They do not take credit cards, be prepared to pay dinar.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8:00 onto Suwaifiyah Ave (3rd exit). At the first traffic light U-TURN and then make your 1st right. The Marina Mall will be on your right and Ramez Trading Center will be on your left after the Fish Market.

FIVE CIRCLES (200 fils store)

Phone: 17 292-242

Location: Off Exhibition. One street behind Gosi Complex.

Hours: Saturday – Thursday, 0900 – 1330 and 1600 – 2400. Friday, 1500 - 2400

General Info: Everything in the store is .200 fils. A great place to get gift bags and trinkets.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after going through the 3rd roundabout, turn right just after the pedestrian crossing. Make your 2nd left (Note: first left is a one way). Five Circles is a short distance on your right side.

BLOOM-N-FANTASY

Phone: 17 580-393

Location: Seef Mall Upstairs from Starbucks

General Info: Balloons, greeting cards, wrapping paper. GREAT Halloween costume accessories and face paint.

Directions: See “Malls” listed under “Shopping” for directions to Seef Mall. Bloom-N-Fantasy is on the 2nd floor.

AFROCRAFTS

Location: Budaiya Hwy.

General Info: Great find for tablecloths, placemats, and other unique items. Inexpensive. Also carries holiday patterns (i.e. Easter, 4th of July).

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left on King Faisal Hwy. Go 4.6 miles passing through or around the Pearl roundabout and the Seef Mall roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the

Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go approximately 1.3 miles and just before the 2nd roundabout you will see AfroCrafts on the right. To get to the store - make a right at the 2nd roundabout (enter 6, exit 3) and then take an immediate right and go into the little strip mall to get to the AfroCrafts.

RASHID TROPHY STORE

Phone: 17 254-053
Location: Salmaniya Ave. across the street from Salmaniya Hospital.
General Info: Trophies, plaques, awards. Gold Dilmun beer drinker seals, copied from the original seals, same size as the original.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. When you come to the first roundabout, you will make a left turn (enter 6, exit 9) onto Salmaniya Ave. Go 0.7 mile and just after the 2nd light, Rashid Trophy Store will be on the right (purple/white building). Turn right onto the next street to park in the back.

BSPCA THRIFT SHOP

Phone: 17 593-479 Email: bspca@batelco.com.bh
Location: Budaiya Hwy.
Hours: Sunday 1830 - 2000; Tuesday, Thursday. Friday 0900 –1200.
Customers are requested to park their cars outside the compound (exception is on Sunday morning for bringing in goods for donations)
General Info: The main source of income for the BSPCA (Bahrain Society for the Prevention of Cruelty to Animals). Sells clothing and household goods. Volunteers are always needed as well as donations!!! Sunday 0900 – 1200 (taking in customer goods only).

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Drive to 2nd roundabout and U-turn (enter 6, exit 6). Go 0.3 mile and turn right onto Ave 73 and then take another immediate right onto the street in front of the shops. Go 0.1 mile turning left before the Dar Alwasat for Publishing &

Distribution. Go approximately 50 yards and you will see Haj Kadem Hussain Bushehri Gardens Compound on the right. The Thrift Shop is #6 Busheri Gardens (3rd villa on right). Park outside and walk into the compound.

CLOTHING AND SHOES

CLOTHING APPAREL

MOTHERCARE

Phone: 17 272-780.

General Info: Two locations. Baby items -- clothes, bottles, high chairs, strollers, and toys. The Furniture Items are expensive and you are better off ordering from the States.

Hours: 1000 - 2200. Seven days a week.

Location #1: Marina Mall, 1st floor.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8 onto Salmaniya Ave. At the first traffic light U-TURN and then make your 1st right in order to get into parking lot of the Marina Mall.

Location #2: Oman Ave.

General Info: Phone: 17 722-901.

Hours: 0930 - 1230 and 1600 - 2100.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. Turn left onto Osama Bin Zaid (a.k.a. Schwarma Alley). Go through one traffic light. At second traffic light turn right onto Adliya Ave. At the next light, turn right onto Kuwait Ave and immediately get in the left lane in order to turn left at the next light onto Oman Ave. Mothercare will be on your left approximately 2 blocks down. You will have to U-TURN at the next light to get back to Mothercare.

WOOLWORTH/TRUWORTH

Location: Mahooz/Tubli. Woolworth's is on the 2nd floor of Al Jazira's grocery store. Truworth's is on the 1st floor of the grocery store.

General Info: Has a good selection of men's, women's and children's clothing and shoes. Also carries some linens, towels and home décor.

Directions: From Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile. Veer right just before the second light onto Sh. Isa Bin Salman Hwy (a.k.a.

Causeway Rd). Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. At the first right, make a right at Al Jazira's grocery store will be on your left. Woolworth and Truworth are located inside the grocery store.

FABRIC SHOPS

AL HADI CENTER

Location: Corner of Gudaibiya and Palace Ave

General Info: There are several good fabric shops and they are right in the same block.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 0.5 miles and turn left at the first light onto Sh. Daij Ave. Go straight 0.6 miles to the roundabout and turn right at the roundabout (enter 6, exit 3) onto Palace Ave. Go approximately 0.2 mile making the first available right after the first light. Small parking lot immediately on your right, you can park here or park along the street. Walk up the street about one block and you will see the fabric shops.

FABRIC SOUQ (collections of shops)

Location: Manama Souq

General Info: Loads of fabric at good prices. Might be better to go with someone the first time.

Directions: See "Souqs" listed under "Shopping" for directions to the Manama Souq. Enter the souq at the Arch (Bab Al Bahrain). If you count streets on your left, you will go to the 3rd street and make a right (if you go left here, you will see the Gold Souq on the left). If you count streets on your right, you will go to the 4th street and make a right. Walk down this little road and explore all the fabric shops here.

TAILORS

AL-RODHA

Phone: 17 290-654

Location: Gudaibiya

General Info: Contact Person: Raju. AL-RODHA is located about 3 blocks down from the fabric shops in Gudaibiya. It's convenient to purchase fabric and walk straight to him and drop off the fabric (that is if you don't need to wash the fabric first Any item you plan on washing you should wash the fabric in the same manor you intend to wash the garment). Will make children's clothes also.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. At the first light go left. Go straight 0.6 miles to the roundabout and turn right at

the roundabout (enter 6, exit 3) onto Palace Ave. Go approximately 0.2 mile making the first available right after the first light. Small parking lot immediately on your right, you can park here or park along the street. Walk up the street approximately 2 blocks. Al-Rodha will be on your left next to Al Manar Stationary Store.

LADIES BEST TAILORING

Phone: 17 591-556 Mrs. Pan (owner)
Location: Budaiya.
Hours: 0900 - 2000. (closed for lunch 12:00 - 1300).
General Info: Very good at designing, copying, repair, any type of sewing needs. She is very friendly. Speaks English fairly well, very enthusiastic, and also very prompt in getting work completed. Her prices are very reasonable.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya , this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Drive to 2nd roundabout and U-turn (enter 6, exit 6). Go 0.3 mile and turn right onto Ave 73 and then take another immediate right onto the street in front of the shops. Ladies Best Tailoring is the second store on the left.

FARAH TAILORING

Phone: Shop: 17 826-032 / Mobile: 3926-9292
Location: Um Al Hassam Road 3905
General Info: Very nice finishing and detailing.
Direction: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left and at the light make a left onto Mina Salman Ave. Take an immediate first right and then an immediate first left. Turn right at the second street. There will be a large lot on your left and Farah Tailoring is on the other side of the lot.

HILTON TAILORS

Phone: 17 245-689
Location: Hammam
General Info: Very professional and great attention to detail. Dinner Dress Blues made and it turned out fabulous.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light and turn right onto Sh Isa Ave. Go a short distance and go through the roundabout (enter 6, exit 12) onto Sh. Isa Ave. Go 0.6 miles and turn left at the 4th light (including pedestrian light) onto Isa Al Kabeer Ave.

Take your 1st right at the Kabana Restaurant onto Zahra Ave. At the 2nd crossroad, Sh Abdullah Rd, you will see Hilton Tailors on your left at the intersection. Turn right or left to find parking.

SHOES

OLYMPIA SPORTS III

Location: Adliya (Schwarma Alley)
General Info: Sells Nike, Addidas, and other name brand shoes.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Olympia Sports III will be immediately on the right.

SHOE MART

Phone: 17 272-802
Location: Marina Mall
General Info: Large selection of shoes and socks for all ages, children and adults at reasonable prices.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Drive 1.6 miles and you will approach the Pearl Roundabout. Enter at 6 and exit at 8 onto Suwaiiyah Ave. At the first traffic light U-TURN and then make your 1st right in order to get into parking lot into the Marina Mall. Shoe Mart is on the 1st floor.

RESTAURANTS

LOCAL VARIETY

FRIENDS

Location: Adliya
Hours: Saturday - Thursday 1200 - 1400 and 1700 - 2400.
General Info: Great place for a light lunch. Soups, salads, sandwiches.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Go 0.6 miles. Just past the 3rd light you will see Friends on the left side of the road. Parking is a little tricky. You may want to continue straight just beyond Friends and turn left at the next block, circling around until you can find a suitable parking place.

A PIECE OF CAKE

Phone: 17 596-055
Location: Budaiya
General Info: A pleasant little restaurant. It's perfect for a morning or early afternoon meal. Baked goods (including yummy desserts) seem to be specialties. Have a slice of quiche and a pot of tea for a lovely breakfast or light lunch. A Piece of Cake is connected to (and entered from) the next-door shop "celebrations" which is a nice place to look for craft supplies.

Directions: From the Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 6.1 miles and exit on ramp marked "Madinat Hamad" and "Manama City Centre". Proceed toward Manama City Centre. This is still or again the Sheikh Khalifa bin Salman Hwy. Go 1.7 miles and exit at the "Budaiya" and "Manama West" ramp. Stay to the left to turn left at the roundabout. This is the Burgerland Roundabout. Enter at 6:00, exit at 9:00. Now on the Budaiya Hwy. Follow Budaiya Hwy through two more roundabouts. At the third roundabout (there is a McDonald's and Alosra supermarket on your left) do a U-turn (enter 6, exit 6). Pass the first strip mall on your right. The next strip mall has Celebrations and A Piece of Cake. Across the highway is a large green sign for Lanna Thai.

HASH HOUSE

Phone: 17 715-094
Location: Adliya
General Info: Good Thai food. Fresh. Love the oriental seating upstairs but must have reservations to get these choice seats.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take 2nd left hand turn (before the 1st stoplight, if you get to the light at Shwarma Alley, you've gone too far). Directly in front of you is Zoe's (white building). Just past Zoe's on your right is Hash House.

****KRUMZ**

Phone: 17 712-767
Location: Adliya
General Info: Friendly atmosphere. Host, Bradley guaranteed to make all visitors feel like friends. European food.
Hours: 1200 - 1500 and 1900 – 2300, seven days a week.
Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take a left at the first light onto Osama Bin Zaid Ave (aka Shwarma Alley). Go one long block and take your first left. Krumz will be on your right.

****JIM'S RESTAURANT**

Phone: 17 710-654
Location: Adliya
Hours: 1130 -1430 and 1830 - 2300, seven days a week.
General Info: Great European food. Jim is a delightful Irishman. Jim's Friday brunches are now an institution.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take a left at the first light onto Osama Bin Zaid Ave (a.k.a. Shwarma Alley). Go one long block and take your first left. Jim's will be on your right.

CONSERVATORY

Phone: 17 712-917
Location: Adliya
Hours: 0830 - 1800. Great light lunch. Delightful "ladies" restaurant (yes, men are allowed). English teas, morning coffees, light breakfast or lunch.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid (a.k.a. Shwarma Alley). Go through next light crossing over Sh. Isa Avenue. Pass KFC. Just past Peacock Carpets turn right (at the Sheema Framing Sign). Pass Zeeba Market on your left. Turn right just past the empty lot on Road 2720. Go down one short block, it will be on your right with white/black wall around it.

HOLE IN ONE DONUTS

Phone: 17 725-804

Location: Adliya
General Info: The closest you'll get to Krispy Kreme donuts.
Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Turn right at the first light (0.5 miles) onto Juffair Ave. At the first light, Sh. Isa Ave, turn right. Turn right into first driveway. Hole in One is on the left.

LANTERNS RESTAURANT

Phone: 17 590-591
Location: Budaiya/Burgerland Roundabout
Hours: 12:00 - 1500 and 1900 – 2400, seven days a week.
General Info: Great Indian and Anglo-Indian food. Nice atmosphere and excellent service. Also serves an “all you can eat” buffet - call regarding special nights for buffet dinners.
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Take your immediate first right and Lanterns will be in front of you.

THE COPPER CHIMNEY RESTAURANT

Phone: 17 728-699
Location: Um Al Hassam Ave
Hours: 1200 - 1500 and 1900 - 2400, seven days a week.
General Info: Great Indian Cuisine. Nice atmosphere.
Directions: From Grand Mosque: Turn left onto Al Fatih Hwy. Go 0.5 mile and turn right onto Juffair Ave. Go thru first light and make a U-turn at the first roundabout (Al Meena Supermarket Roundabout) and head back in the direction you came. Take the first right hand turn onto Um Al Hassam Ave. Take your first left after the 2nd roundabout. Copper Chimney is on the corner of this turn.

AL ARISHA/CAFÉ DEL PALME

Phone: 17 725-414
Location: Off Sh Isa Ave. Behind Roma's Italian Restaurant, Um Al Hassam Ave.
General Info: Great traditional Arabic food, even Umma Ali for dessert. Popular with the locals!
Directions: From Grand Mosque: Turn left onto Al Fatih Hwy. Go 0.5 mile and turn right onto Juffair Ave. Go to the first light and turn left onto Mina Salman Ave. You will come to a small roundabout (watch for a small

sign at the roundabout that says Al Arisha). Take an immediate right at the roundabout and then another immediate right. Al Arisha will be a short distance on the left

TRADER VIC'S

Phone: 17 589-418
Location: Behind Ritz Carlton Hotel (Al Seef District)
General Info: Overlooks the sea, gardens, and a flamingo pond. Specialties cooked in a wood-fired Chinese oven. Live entertainment on the weekend. Great international food!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 2.5 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 2.5 miles, exit right at the Al Seef District Exit onto King Abdulla II Inb Al-Hussain Ave. Follow this road through the roundabout for 0.8 mile. Ritz Carlton will be on the right. Enter the Ritz Carlton and you will come to a small roundabout. Take a left passing the hotel on your right. Follow this brick road to the end and Trader Vic's will be the last building on the right.

**GULF HOTEL

Phone: 17 713-000
Location: Adliya
General Info: Gulf Prestige card BD 60.000 and BD 75.000 (different packages). This card is a discount card for the Gulf Hotel and entitles you to 50% off meals for 2; 25% for 4, etc; 10% off beverages. You can pick from any of their restaurants and Riffa Golf Club Restaurant (best fish and chips on the island) plus free golf, cart, etc. Tell them the name of another military family sent you and that family will receive a BD certificate for referral. They also give room discounts. They recently completed a really cool pool complex with sprinkler pool for kids, pool with club for adults, etc. Also, discounts from flower shop, etc. Great atmosphere (romantic) for date night!!

Directions: From Grand Mosque: Cross over Al Fatih Hwy and you will be on Bani Otbah Ave. Take your first left turn. You will see the Gulf Hotel on your left.

ARADOUS HOTEL - LA VERANDA RESTAURANT/COFFEE SHOP

Phone: 17 224-343
Location: In the middle of Manama Souq.
Hours: 1100 – 1530 and 1800 – 0200, seven days a week.
General Info: Lunch buffet featuring traditional and international food for BD 3.500 per person. You can order from menu as well. A nice view of Manama and the water! A great way to top off a morning of shopping in the souq!

Directions: See “Souqs” listed under the “Shopping” section of Camel Crossings for directions to the Manama Souq. Enter the souq at the Bab Al Bahrain Arch. As you walk through the Arch continue straight. Turn at the 2nd street on your right. The Aradous is the first door on the left and up a few steps (there is also a small gold shop here). Go through the lobby and take the elevator to the 9th floor.

DAR ALBAREH (Café and Gallery)

Phone: 17 713-535
Location: Adliya
Hours: Saturday – Thursday, 0830 – 2300 and Friday, 1700 - 2100.
General Info: Very nice, quiet, and pleasant restaurant. Especially nice for a late breakfast. The best scones on the island!!!. Delicious and interesting menu selections. The Heath Bar Cheese Cake is sinful! Highly Recommended.
Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Turn left at the first light onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to the 1st light and turn left onto Sh. Isa Ave, then take an immediate right. Turn left at the little roundabout. Dar Albareh will be on the right just past the Future Preschool.

FOLI CHINESE RESTAURANT

Phone: 17 722-199
Location: Um Al Hassam Ave.
General Info: Great Chinese food.

Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left and at the light make a left onto Mina Salman Ave. Take an immediate first right. Take an immediate first left onto Um Al Hassam

LILU CAFE

Phone: 17 714-440
Location: Adliya
Hours: 0800 - 2200.
General Info: A wonderful café serving European food including quiche, croissants, French onion soup, salads, brownie sundaes, and apple pie.

Directions: From Grand Mosque: Cross over Al Fatih Hwy (Gulf Hotel will be on your left). Take 2nd left hand turn (before the 1st stoplight, if you go to the light, you've gone too far). Go straight on this road passing a children's school on the right. Pass Zoe's, Hash House, and Coco's. Just past Coco's is Lilu.

TITUS ARCH ITALIAN RESTAURANT

Phone: 17 716-747
Location: Adliya
Hours: 1100 – 1500 and 1800 – 2400, seven days a week.
General Info: Great Italian food.

Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left and at the light make a right onto Sh. Isa Ave. Go 0.2 miles and turn right. First left and then a short distance on the right.

SENIOR PACOS

Phone: 17 725-873
Location: Adliya
Hours: 1200 – 1500 and 1800 until midnight, seven days a week.
General Info: Great Mexican food and nice atmosphere.

Directions: From the Grand Mosque: Turn left onto Al Fatih. Go 0.5 miles and turn right at the first light onto Juffair Ave. Pass the gas station on your left. Go through the light and at the first roundabout (Al Meena Market roundabout), make a right. Go 0.1 mile and turn right at the first right. Take your first left and the restaurant is a short distance on the left.

KEI JAPANESE RESTURANT

Phone: 17 535-000
Location: Hilton Hotel, 1st floor (of King Faisal Hwy)
Hours: 1230 – 1500 and 1930 – 1100, seven days a week.
General Info: For Sushi Lovers! Very small, but pleasant restaurant. Sushi bar and Tappan style cooking as well as an a la Carte menu.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go to the 2nd light and turn left. The Hilton will be on the left. Go in the main entrance of the hotel. The Kei is to the left.

RAMMOOSH RESTAURANT

Phone: 17 251-777
Location: Located in the Middle East Hotel in Manama
General Info: A really good steak dinner for a reasonable price.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go to first light

and turn right onto Sh Isa Ave. You will see Discount Home Store on your left as you approach the first roundabout. Go through the roundabout (enter 6, exit 12) and continue on Sh Isa Ave. Go to the 3rd traffic light and you will see the Middle East Hotel on the right. It is tricky to find parking next to the restaurant, because you can't turn onto the street when you see the hotel. Go past the hotel and take the first right and wind your way back behind the hotel.

HOME AWAY FROM HOME

RICS KOUNTRY KITCHEN

Phone: 17 725-550

Location: Juffair

Hours: 0530 - 1530 and 1700 – 2400, seven days a week.

General Info: Great all you can eat BBQ buffet on Thursday nights for BD 6.500. An ambience to make any American feel they're back home. Opens for breakfast at 5:30 a.m., but great for breakfast anytime.

Direction: Take Awal Ave (the road next to the Grand Mosque) away from the Al Fatih Hwy. Turn right at the first opportunity, as if you were going to the base. At the "T" intersection, turn right. Drive 0.2 mile. You will see Ric's Kountry Kitchen on the left.

APPLEBEES

Phone: 17 555-834

Location: Bahrain Mall

CHILIS

Phone: 17 581-221

Location #1: Near Seef Mall

Hours: 1200 - 2400, seven days a week.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 3.7 miles passing through or around the Pearl Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 3.7 miles you will approach the Seef Mall Roundabout. At the Seef Mall Roundabout, take a right, (enter 6, exit 3). Take another first right. Chili's will be on your right in front of Toys R Us.

Location #2: Dana Mall (2nd floor)

Phone: 17 551-154

Hours: 1200 – 2400, seven days a week.

Directions: See “Malls” listed under “Shopping” for directions to Dana Mall.

****FUDDRUCKERS**

Phone: 17 742-266
Location: Adliya
Hours: 0700 – 0100, seven days a week.
General Info: Open for breakfast.

Directions: From Grand Mosque: Cross over Al Fatih Hwy. At first light, turn left onto Osama Bin Zaid Ave (a.k.a. Schwarma Alley). Go through one traffic light. Continue on this road and Fuddruckers will be on the right before the 2nd light.

HARD ROCK CAFÉ

Phone: 17 291-569
Location: Exhibition Rd
Hours: 1130 – 2400, seven days a week.
Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the 2nd roundabout and the Hard Rock Café will be on the left.

DOMINOS

Location #1:	Juffair	Phone: 17 826-222
Location #2:	Muharraq	Phone: 17 677-777
Location #3:	Isa Town	Phone: 17 683-333
Location #4:	Budaiya	Phone: 17 594-422

PIZZA HUT

Location #1:	Juffair	Phone: 17 727-373
Location #2:	Seef Mall	Phone: 17 582-000
Location #3:	Exhibition/Hoorah Rd	Phone: 17 292-929
Location #4:	Muharraq	Phone: 17 336-333
Location #5:	Hamad Town	Phone: 17 413-333
Location #6:	City Centre/Manama	Phone: 17 223-223
Location #7:	Zinj	Phone: 17 232-232
Location #8:	Dana Mall	Phone: 17 555-304
Location #9:	Sehla/Budaiya	Phone: 17 590-007

McDONALDS

Location #1:	Bab Al-Bahrain	Phone: 17 225-225
Location #2:	Seef Mall 1	Phone: 17 580-480
Location #3:	Seef Mall 2	Phone: 17 582-010
Location #4:	Muharraq	Phone: 17 326-886
Location #5:	Exhibition Rd	Phone: 17 293-666
Location #6:	Riffa	Phone: 17 700-444
Location #7:	Saar/Budaiya	Phone: 17 690-022
Location #8:	Dana Mall	Phone: 17 556-464

Location #9: Tubli

Phone: 17 874-747

BURGER KING

Location #1: Sanad/Riffa

Phone: 17 626-140

Location #2: Bahrain Mall

Phone: 17 553-750

Location #3: Exhibition Rd

Phone: 17 311-511

DAIRY QUEEN

Location #1: Salmaniya

Phone: 17 273-494

Location #2: Seef Mall

Phone: 17 581-194

Location #3: Manama

Phone: 17 213-311

Location #4: Sitra

Phone: 17 700-016

Location #5: Budaiya

Phone: 17 696-032

Location #6: Adhari

Phone: 17 404-243

Location #7: Magic Wok (Budaiya)

Phone: 17 694-105

KFC

Location #1: Adliya

Phone: 17 713-777

Location #2: Essa Town

Phone: 17 684-499

Location #3: Arad

Phone: 17 671-117

Location #4: Muharraq

Phone: 17 322-333

Location #5: Hamad Town

Phone: 17 411-881

Location #6: Al Alawi Complex

Phone: 17 703-130

Location #7: Bab Al Bahrain

Phone: 17 211-033

Location #8: Exhibition Rd

Phone: 17 290-222

Location #9: Budaiya

Phone: 17 590-022

Location #10: Seef Mall

Phone: 17 582-088

BRUNCH

DIPLOMAT HOTEL JAZZ BRUNCH

Phone: 17 531-666

Location: Diplomatic Area (Al Fatih and Sh. Hamad Causeway Rd)

General Info: Friday Brunch from 1200 – 1500, on the 14th floor. Great food and music. Live Jazz band performs throughout brunch. All you can eat buffet with an extensive variety of food that will appeal to both adults and children. Children play area complete with Playskool Castle and large screen TV just off main dining area. Brunch includes Champagne/wine. BD 14.400 but they have discount for military BD 10.100.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 1.6 miles and turn left at the 2nd light onto Sh. Hamad Causeway Rd. The Diplomat Hotel will be on your right, but turn at the next right turn to reach the entrance to the parking lot.

ENTERTAINMENT

FAMILY/KID FUN

FUNLAND (Ice Skating and Bowling)

Phone: 17 292-313
Location: Manama/Juffair
General Info: Ice Skating BD 2.500 for 2 hours, includes skates. Ten or more skaters BD 2.000 (if you make reservations). Bowling: BD 1.000/game (Saturday - Wednesday 0900 – 1700). BD 1.600/game 1700 to close and all day Thursday/Friday.
Good fun for the kids. Youth amusement center features full size ice skating rink, 18 bowling lanes and video games.

Directions: From Grand Mosque: Turn right onto Al Fatih Hwy. Go through the first light and take the next right hand turn in (by fish shaped sculpture). Go left at the roundabout (enter 6, exit 9). Funland will be on your right. If you miss the turn into the access road, take the exit for the Bahrain Nat'l Museum and back track on the access road.

AL BANDAR RESORT

Location: Sitra
Fee: Show military ID BD 1.0 per person over the age of 5
General Info: A place for the kids to have a beach to play. Adult pool and children's pool (gradual entry plus slide). Enclosed lagoon with sandy beach. Poolside bar and food (they frown upon you bringing your own picnic).

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 miles and turn left at the first light onto Sh. Jaber Al Ahmed Al Subah Hwy (Sitra Causeway). Follow until you see the light at the Ford Dealer, turn left. At the roundabout go right. Follow this straight until you see Al Bandar on the left. Pull up to the gate and show ID.

RALLY TOWN

Phone: Amusement Center: 17 612-992
Operations Manager: Fathi Kameel Al-Shamlan's mobile: 3921-0139
Location: Off Sh. Isa Bin Salman Hwy (a.k.a. Causeway Road) before Kid's World exit.
Hours: 1500 – 2300, seven days a week.
General Info: Go Cart rides for all ages. Safety helmets provided. Pool table and a few arcade games, snack bar, party room and 7 hole mini golf course. BD 2.000 for single engine. BD 2.500 for double engine (faster cars for kids/adults 14 years and older/ 5 feet or taller). Racing time approximately 5-6 minutes. Mini golf course BD 1.000 for 1 hour of continuous play.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 8.1 miles passing the Hamad town exit. Once you see the Rally Town

on your right, get in the right lane and slow down looking for the break in the guard railing/dirt road. You will turn off the highway. Follow the signs along the dirt track to Rally Town. Parking available inside the compound. When departing go back to the highway making the right and go to the Budaiya exit and make a "U" turn over the bridge and head back to Mina Salman.

ARCADIA

Phone: 17 310-642
Location: Gosi Commercial Complex, Exhibition Ave.
Hours: Saturday - Thursday 0930 - 1230 and 1530 - 2230. Friday: 1530 - 2230 only.
General Info: Small version of Chuck E. Cheese.
Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. Go 0.5 miles and turn left at the first light. Go 1 block and turn right at the first light onto Exhibition Ave. Go through the third roundabout and Gosi Complex is a large pink Complex on the right. Just after going through the 3rd roundabout, turn right just after the pedestrian crossing. Parking in back.

DOLPHIN PARK

Phone: 17 290-900
Location: Off Al Fatih Hwy.
General Info: Dolphin shows several times a day. Admission is BD 4.000 for adults and BD 2.000 for children. In between the dolphin shows you can pay BD 10.000 and swim with the dolphins for 2 an hour. Please use your own judgment. Children/Adults must be able to swim. There are no lifeguards and the pool is very deep.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go approximately 1.0 mile and take the first exit (right) after the 1st light. Take an immediate right at the roundabout (enter 6, exit 3) onto the access road. Go approximately 0.5 mile and Dolphin Park will be on the left.

FOTON WORLD/CHAKAZOOLU

General Info: Indoor "theme" parks which include small boat rides, roller coaster rides, bumper cards, games and food. Great for birthday parties. Foton World is located in the Bahrain Mall. Chakazoolu is located in the Dana Mall. Look under "Malls" in the "Shopping" section of Camel Crossings for directions to the Bahrain and Dana Malls.

CULTURAL INTEREST

NOTE: Tours for many of these sites are available through NSA BAHRAIN MWR's Information, Tickets and Tours Office in the Recreation Center.

BAHRAIN NATIONAL MUSEUM

Phone: 17 292-977

Location: Manama - Al Fateh Hwy

General Info: 500 fils per adult. Saturday - Wednesday.

Exhibits on history and culture as well as archaeological artifacts. Walk through an old souq, glimpse traditional daily life, study the burial mounds. All this and more! A wonderful place to start learning about Bahrain.

Directions: From the Grand Mosque: Turn right on Al Fatih Hwy. You will see Funland and the Marina Club on the right. Watch the signs for the exit to the Museum, which will be on the right.

BURIAL MOUNDS

Location: Hamad Town

General Info: Periods: Dilmun, Tylos and Hellenistic around 2000-4000 years old.

Both sites (Hamad Town and Sara) are public, but do not have guided tours. Visit anytime of the day. **An advance visit to the Bahrain National Museum will give you a better understanding of the sites** (see "museum information" above) phone: 17 292-977).

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 2.8 miles to 3rd roundabout and go right onto Sh. Zayed Ave. Go 0.9 miles and make a left at the 1st roundabout towards A'Ali (enter 6, exit 9). Go through the next roundabout and you will be on Ave 38. Go 0.8 mile and the Burial Mounds will be on your right

BARBAR TEMPLE

Location: Barbar, off Budaiya Hwy.

General Info: A series of successive temples from 4000 BC. You will get MORE from your visit if you do a little reading about the site before you go. There is a sign there that gives some information about the temple. The watchman may give you a little tour, it will probably be in Arabic, even if you don't understand much, a small tip (baksheesh) is expected. Open daily, tours available through MWR Office, but you can go on your own and just walk about.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your

first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Continue on Budaiya Hwy. After the 2nd roundabout, go 0.8 mile and turn right on Barbar Ave (there will also be a brown sign directing you to the Barbar Temple). Go 0.5 mile and turn right at another brown sign directing you to the Barbar Temple. Go approximately two hundred yards and you will see some stone columns and ruins. Look for the guard shack and a sign with some information about Barbar Temple.

TREE OF LIFE

Location: In the desert south of Awali

General Info: A lone tree thriving in the desert, its source of water is unknown. Camels are frequently seen here and you may even get to ride one! Take plenty of drinking water and a mobile phone for emergencies. Not recommended at dusk!

Directions: From Grand Mosque: Turn left on Al Fatih Highway for 0.9 and veer right before the 2nd light onto Sh. Isa Bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 miles and turn left at the first light onto Sitra Causeway. Follow through 2 very LARGE roundabouts. Watch for signs to the Riffa Golf Course. At a roundabout, the sign will say "Riffa Golf Course" go left. Stay on the main road; pass the Riffa Golf Course on your left. Just past the golf course there is a small roundabout, go right. Follow the "Tree of Life" signs all the way.

THE GRAND MOSQUE

Phone: 17 727-773

Location: Juffair/Adliya (intersection of Al Fateh Hwy and Al Awal Ave).

Hours: Saturday through Wednesday 0900 - 1200.

General Info: One of Bahrain's most beautiful landmarks and an excellent example of Middle East religious architecture. If you are at all interested in architectural design and/or religious writings, you need to visit this Mosque. They have plenty of free handouts regarding the Islamic culture. You may visit the Mosque and even photograph the inside, but there are restrictions: NO shorts or sleeveless tops. Women MUST wear an abaya, which can be borrowed, from the Mosque library. Take off your shoes. NO admittance during prayer times, check local paper for prayer times.

Directions: From the NSA Bahrain Main Gate (where all the taxis are parked), take the first left. You will pass the Fakhruddin's Restaurant and Mega Mart on your left. Take the first right after Mega Mart. You will come to a "T" go left. Take the second right. You will come to another "T" go left. The Mosque will be on the right.

BAIT AL QURAN

Phone: 17 290-404

Location: Off the corner of Exhibitions Ave and Sh. Hamad Causeway.

General Info: Extensive collections of rare and fine copies of the Holy Quran. Visitors are welcome. Dress appropriately. No shorts or sleeveless tops. You must remove your shoes before entering the mosque. Hours: Saturday - Wednesday 0800 - 1200 and 1600 - 1800; Thursday 0800 – 1300. Closed Fridays.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 1.6 miles and turn left at the 2nd light onto Sh. Hamad Causeway. Go to 1st light and make a U-turn and take your first right. This road will curve around and pass by the Bahrain Red Crescent Society on the right. Bait Al Quran is the next building on your right. It is marked “Islamic Art” on the glass doors.

ARAD FORT

Phone: 17 672-278

Location: Arad

Hours: Saturday thru Tuesday 0800 - 1400. Wed & Thursday 0900 - 1800. Friday, 1500 – 1800.

General Info: Restored 16th Century Portuguese Fort. Off the island of Muharraq. Cost: 200 fills per adult. Something different for the kids to explore. Not stroller friendly. Don't go on a windy day.

Directions: From Grand Mosque: Turn right on Al Fatih Hwy. Go 1.2 miles and turn right onto Sh. Hamad Causeway. Take the Airport/Arad-Hidd Exit (1.3miles). Go approximately 2 miles down and turn right at Jasmi's restaurant onto Avenue 40. Follow straight past Muharraq Sports Club. At the end of the road turn right onto Avenue 29. Fort will be down a block on your left. There are brown ARAD FORT signs posted up through the turn at Jasmi's.

BAHRAIN FORT

Location: Karbabad. Northern edge of the island.

General Info: 16th century Portuguese Fort as well as excavation site of several different settlement periods including the Dilmun era. Open daily. Kids loved exploring this fort even more than the Arad Fort.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left onto King Faisal Hwy. Go approximately 4.0 miles (bearing right through the Pearl Roundabout onto Sh. Khalifa Bin Salman Hwy and straight through the roundabout at Seef Mall) taking the Kurrannh exit. There will be a gas station on the left as you come off the exit. Go 0.1 mile and turn right at the BAHRAIN FORT sign. Go 0.1 mile and the road will "T" go left. Continue 0.4 of a mile and at the stop sign go left. Then almost immediately go straight up the dirt hill and you will see the fort.

SHEIK ISA's HOUSE

Phone: 17 334-945

Location: Muharraq
Hours: Closed Saturday. 0800 – 1400, Sun – Tues and 0900 – 1800, Wed & Thurs. 1500 – 1800, Friday.
General Info: The home of H.H. the Amir's great grandfather, Sheik Isa bin Ali Al Khalifa. Wonderful place to see the traditional architecture and get a feel of life in Bahrain in the 19th century. See functioning wind towers and marvel at the original air conditioning. Free
Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn right onto Sh. Isa Bin Salman Causeway. Go over the sail bridge. At the 2nd light turn right onto Sh. Salman Ave. Go through the roundabout (enter 6, exit 12). At the bridge turn left (you'll see a sign for Muharraq Souq - follow that). At the roundabout go straight through (enter 6, exit 1). This will put you on a narrow one-way street through the souq. Go straight until there is a "T" in the road. Turn left at the "T". At the 1st traffic light turn left. Immediately there will be a mosque on your right. Park here in the parking lot. At the far end you will see a white wall with a wooden Bahraini door. Follow the wall to the right, then around to the left. This will bring you to the entrance to the house.

THE SIYADI HOUSE (Pearl Merchant's House)

Phone: 17 334-945
Location: Muharraq
Hours: Saturday to Tuesday 0800 – 1400.
Wednesdays and Thursdays 0900 – 1800.
Friday 1500 – 1800.
General Info: Wonderful old 19th century house with some of the best architecture of the period. Beautiful stained glass, painted ceilings, even a hidden staircase and secret room. A short walk from Sh. Isa's House.
Directions: Follow directions to Sheik Isa's House. As you leave Sheik Isa's turn left and walk to main street. Turn right and walk about 1 block. You will see the brown sign for SIYADI House. Follow to the right. You will see an old mosque and minaret ahead of you. This is the Siyadi Mosque. Next to the mosque you will see a building with beautiful gypsum work. This is the Siyadi House.

AL JASRA HANDICRAFT CENTER

Phone: 17 611-900
Location: Al Jasra
Hours: Saturday to Wednesday 0800 - 1400.
General Info: Traditional crafts demonstrated, displayed and sold. Bahraini chests, model dhows, fabric weavers, basket weavers, & pottery. You can make purchased from the vendors directly or go to the gift shop and bookstore on the premises. Best day to go is Saturday in order to see the work in progress.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and exit right after Kid's World at the Budaiya exit. At the top of the ramp go LEFT. This will now be Wahi Al Aheb Hwy. Just as you come over the overpass you will see a sign for Al Jasra on your right. Turn RIGHT here and follow the road. As you come to the roundabout enter at 6 and exit at 1. Al Jasra Handicraft Center will be on your right.

AL JASRA HOUSE (BAIT AL JAZRA)

Location: Jasra

General Info: The Amir's birthplace. Classic Bahraini architecture and house design. This is one of the few historic landmarks that is furnished in the style typical of the period. Beautifully kept building and grounds. The town of Jasra itself is charming!

Hours: Sunday - Tuesday 0800 - 1400; Wednesday - Thursday 0900 - 1800; Friday 1500 – 1800. Closed Saturday. Fee: Adults .200 fils and children free.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 8.8 miles and exit right after Kid's World at the Budaiya exit. At the top of the ramp go left. This will now be Wahi Al Aheb Hwy. Just as you come over the overpass you will see a sign for Al Jasra on your right. Turn right here and follow the road for 1.3 miles passing through two roundabouts (Al Jasra Handicraft Center will be on your right between the 1st and 2nd roundabout). Just after the 2nd roundabout turn left at the sign for Al Jasra House. Go down a short distance and the parking entrance is on the right.

SAKHIR RACECOURSE

Phone: 17 440-330

Location: Off Zallaq Hwy heading west from Awali

General Info: Thoroughbred and Arab horse racing. Betting is not allowed but it is fun to go watch the horses run. Race meetings held October to April on Fridays. Starts at 2:30 p.m.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 2.5 miles passing through two

roundabouts and turn right when you see the sign: “Equestrian and Horseracing Club” (you will see a large statue of three horses on your left). After turning right, go approximately 0.5 mile; the stadium and parking lot will be in front of you.

FIRST OIL WELL/OIL MESEUM

Phone: 17 753-475 (**call to confirm open times**)
Location: In the desert south of Awali
General Info: First oil well in the gulf and a museum depicting oil exploration and production in the area. Open Thursday and Friday 0900 - 1800.
Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 1.4 miles making a left at the roundabout (enter 6, exit 9). Go 4.3 miles and through 1 roundabout and First Oil Well and Museum will be on the right.

AL AREEN WILDLIFE PARK

Phone: 17 836-116
Location: Off Gulf of Bahrain Ave (near University of Bahrain)
General Info: Rare and endangered species on exhibit in their natural habitats. Air-conditioned bus tour of the park and an informative film included with entrance fee. Entrance fee: Adults BD 1.000. Children under 15 years - 500 fils. Children under 3 years free. Gift shop on premises.
Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. Just before the tenth (and last) roundabout veer right onto Zallaq Hwy. Follow Zallaq Hwy for 4.6 miles passing through 3 roundabouts and make a left when you see a small sign “Al Areen” onto Gulf of Bahrain Ave. Follow Gulf of Bahrain Ave for 3.0 miles and turn left at the roundabout. Park entrance 100 yards ahead of you.

FORT OF RIFFA (SH. SALMAN BIN AHMED AL FATEH FORT)

Location: Riffa

General Info: Open Saturday - Wednesday 0730 - 1400; Thursday 1000 - 1700; Closed Friday.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Go 0.7 mile and turn left at the 1st light onto Sh. Jaber Al Ahmed Al Subah Hwy. Go 7.4 miles taking a right at the 1st light after going through two roundabouts. (You will see big red and white smokestacks here). (Note: After 2nd roundabout road changes names to Al Muaskar Ave). After turning right at the light onto Riffa Ave, go 1.5 miles and turn left at the 4th light. Go 0.7 miles passing through one roundabout and the fort will be on the right.

DELMON POTTERY

Phone: 17 642-539

Location: A'Ali Village

General Info: Watch potters works and visit the shop for pottery. Open 0700 – 1900, seven days a week.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 2.8 miles to 3rd roundabout and go right onto Sh. Zayed Ave. Go 0.9 miles and make a left at the 1st roundabout towards A'Ali (enter 6, exit 9). Drive a short distance and make a right at the next roundabout. Go approximately 0.2 mile and turn right. Go approximately 50 yards and Delmon Pottery will be on your left.

TOURS

CULTURAL TOUR

Phone: 17 966-2910

Location: Pick-up locations can be arranged from your hotel or the front gate of NSA (outside Pass and I.D).

General Info: Contact person. Mr. Fareed Hussain. Phone: 3966-2910. This tour can be arranged with the base MWR office or contact the tour director, Mr. Hussain, directly. Minimum 2/Maximum 12. Cost: BD 10.000. This Cultural Tour includes 10 stops at various sites in Bahrain. This is a great value, personalized tour. A stop for lunch at a food court in the shopping mall is available. Visit the National Museum, Fort Bahrain, Basket-weavers, Dhow Shipbuilding Yard, 2000 BC Burial Mounds, Fort Riffa, Tree of Life and Camel Farm, Al Jasra House, Saar Archeological Dig Site, and two other sites depending on the dates. This is the tour to take to give you an idea where everything is located and Mr. Hussain is very informative. This is great if you have guests

visiting Bahrain, or you are new to Bahrain and want to see everything with an experienced guide the first time around.

PEARL SNORKEL DIVE (SNORKELING TOUR)

Phone: 3966-2910

Location: Pick-up locations can be arranged from your hotel or the front gate of NSA (outside Pass and I.D.

General Info: Contact person. Mr. Fareed Hussain. Phone: 3966-2910. This tour can be arranged with the base MWR office or contact the tour director, Mr. Hussain, directly. Minimum 5/Maximum 12. Cost: BD 15.000. Mr. Hussain usually has some snorkel gear available, additional gear can be checked out in advance from Gear Issue in the Fleet Gym. Take a traditional Arabian Show fishing boat trip from Muharraaq, one hour to the oyster beds. You can snorkel for pearls at low tide. Recommend you bring change of clothes, gloves (optional), cooler with beverages and bag lunch/snacks. You may want to combine the Pearl Dive Tour with the Deep Sea Fishing (bring own poles and gear (or you can check out gear from Gear Issue). Some bait provided.

CLUBS AND ORGANIZATIONS

AMERICAN WOMEN'S ASSOCIATION (AWA)

Phone: 17 756-075

General Info: Membership is open to any woman who is an American citizen or wife or an American citizen. Affiliate members (non-American) members may become full members, as long as the membership percentage remains 51% American. Activities include a monthly general meeting, coffee mornings, book club, cooking club, bridge, mahjong, tennis, crafts, on-island tours, an evening group, and a couples dinner group. The association also sponsors many other activities: craft fairs, children's parties, Ramadan Night, Christmas parties, and off-island tours. There is a strong Community Service Committee that organizes several volunteer groups, does fund raising and holds functions for charitable causes. Membership Fees: 20 BD for full membership, fees are reduced after September of each year. If you would like more information regarding AWA you may call the clubhouse and leave a message at 756-075.

THE BRITISH CLUB

Phone: 17 728-245

Location: Mahooz

General Info: Non-British persons may join the British Club, but must be sponsored by two current members (any of your friends that are members can sign your application). Non-members are welcome if signed in by a current

member. The Club offers swimming, tennis, squash, and more. The Club organizes Bazaars, Formal Balls, Mystery Dinners, etc. The restaurant facilities include a sports bar, an English pub, a coffee shop, and a formal dining room. Fee: Family Membership 90BD/6mos. Guest Fee 1BD. Gym Membership is additional.

Directions: From the Grand Mosque: Turn left onto Al Fatih. At the first light turn right onto Juffair Ave. Pass the gas station on your left and go through the first light. At the roundabout go straight, the British Club will be on your left.

THE COUNTRY CLUB

Phone: 17 593-593

Location: Off Budaiya Hwy

General Info: Membership offers tennis, squash, racquetball, basketball, gym facilities, and swimming. Open to members and non-members. Single Membership BD 190.000 for full year. Family Membership BD 250.00 for full year. The above is free for paid members.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Watch for the "Country Club" sign on the right after passing through the first roundabout (approximately 0.2 mile after roundabout). Make a right onto Jid Al Haj Hwy. Go 0.7 mile and turn left on Nakheel Hwy. Go 0.3 mile and the Country Club will be on your left.

EVENTS TO WATCH FOR IN BAHRAIN

The "MAKE A DATE" section of the Gulf Daily Newspaper list activities, events, and things to do in Bahrain. Some popular events to watch for include:

- The Heritage Festival. You must experience this while you are in Bahrain! Travel back in time to traditional Bahrain. See the Wedding Celebrations, traditional crafts, watch dhows and reed boats being made. Experience the old souq, ride a camel, sail in a dhow, snack on a local cuisine, buy a gallabiya, get henna!!! Located next to the National Museum, go early to beat the crowds. The Heritage Festival is held in the spring every two years. Next festival scheduled for spring of 2007.

- The Exhibition Center holds several events during the year which include: The Jewelry Exhibition, Middle East Craft Exhibition, AWA Craft Fair, Trade Exhibitions, and the Autumn Festival. Watch the newspaper for dates and time of these special events.
- The Bahrain Marathon Relay is great fun for serious runners as well as recreational and not so serious runners! This is a foot race of 20 stages, each approx. 3 km, held on the public roads of Bahrain. Marathon teams from all over the Gulf participate. Many of the teams are from local companies or clubs. You don't have to be fast, you just have to have fun! And best of all the proceeds go to charities of Bahrain. The race is usually held in November so watch the papers. Check NSA BAHRAIN gym bulletin board or ask at MWR about forming teams.
- Cherry Tree Trot: An event similar to the Special Olympics in the states. Volunteers are always needed for this event. The Cherry Tree Trot is usually held in February/March.

SPORTING ACTIVITIES AND STORES

RUNNING

HASH HOUSE HARRIERS (Running Organization)

Phone: 17 862-620

General Info: This is a fun, relaxed organization. Fun runs held at various locations. Runs are always followed by a social hour. Call for specific event details and membership dues at 862-620.

AEROBICS

NSA Bahrain offers free aerobic classes 2-3 times a day. Visit the MWR office or the recreation center to pick up a monthly class schedule. Aerobics are held in the back room of the gym.

BIKING/SKATING

SKATE SHACK

General Info: Mountain Bikes, Road Bikes and more. Roller blades, roller skates, ice skates. This is a bike shop that will not seem too foreign to Americans. Skate Shack is an authorized Trek dealer and can do repairs or sell you the things you need to do most maintenance yourself. Website: www.skate-shack.com

Phone: 17 725-168

Location #1: Juffair

Directions: Take Awal Ave (the road next to the Grand Mosque) away from the Al Fatih Hwy. Turn right at the first opportunity, as if you were going to the base. At the "T" intersection, turn right. Drive a short distance. You will see Ric's Kountry Kitchen on the left. Just before Ric's, turn left. On your right will be the Mannai Plaza. Skate Shack is in the ground floor of the Mannai Plaza.

Location #2: Budaiya

Phone: 17 697-176

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin

Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Follow Budaiya Hwy through two roundabouts. At the third roundabout, (there is a McDonald's and Alosra Supermarket on your left) make a U-turn (enter 6, exit 6). Go a short distance and Skate Shack will be in a small strip mall on your right.

TENNIS

THE COUNTRY CLUB

Phone: 17 593-593
Location: Off Budaiya Hwy
General Info: Members play free. Nonmembers pay 3.500 per person for one hour of court time. (See membership fees listed under Clubs and Organizations, "The Country Club").

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles, take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Watch for the "Country Club" sign on the right after passing through the first roundabout. Make a right onto Jid Al Haj Hwy. Go 0.7 mile and turn left on Nakheel Hwy. Go 0.3 mile and the Country Club will be on your left.

GOLF

RIFFA GOLF COURSE

Phone: 17 750-777
Location: Riffa
General Info: Golf from 0600 - 2200. (Note: Club members have the course from 0600 - 0900). Riffa Golf Course has the newest grass golf course in the Middle East. There is a beautiful clubhouse with fine dining, bars, snack and Pro shops. Golfers must wear soft spike shoes and follow a mandatory dress code. Mid-week 18 holes BD 25.000 and 9 holes BD17.000. Weekend 18 holes BD 36.000 and 9 holes BD 22.000. (Discount prices available through MWR).

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go

4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. At the tenth (and last) roundabout make a left (enter 6, exit 9) onto Muaskar Hwy. Go 1.3 miles and make a right at the 1st roundabout. Go 0.7 miles and make a left at the roundabout toward Sh. Isa Air Base. Go 0.6 miles and turn left into Riffa Golf Course.

AWALI GOLF CLUB

Phone: 17 756-770

Location: Awali

General Info: Unique hard packed sand fairways and “greens”. The course is open to the public Saturday - Wednesday (unless there is a tournament) 0700 - 1530 p.m. Closed Thursday and Friday. Play 18 holes anytime for BD 7.500 for nonmembers. You must wear flat shoes, no spikes allowed. Club rental available at NSA Gym Gear Issue.

Directions: From the Grand Mosque: Turn left on the Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 4.0 miles and take the Isa Town Exit and you will curl onto Sh. Salman Hwy. Drive on Sh. Salman Hwy for 7.2 miles through nine roundabouts. At the tenth (and last) roundabout make a left (enter 6, exit 9) onto Muaskar Hwy. Go 1.3 miles and make a right at the 1st roundabout. Go 0.1 mile and turn left. Go 0.5 mile and Awali Golf Club will be on the left.

HORSEBACK RIDING

****TWIN PALMS RIDING CENTRE**

Phone: 17 591-668

Location: Sara

General Info: Contact: Anke or Anne Lundgren. Private one-hour lesson BD 6.000 or group one-hour lesson BD 5.000. Helmets provided and required.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 6.4 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 6.4 miles, exit right at the Sar Exit. Go 0.8 miles and turn right immediately after the speed bump. Go 0.1 miles and make a left. Go 0.2 miles and then the payment will end. Continue across the dirt field veering right (around the present time trash/dump) and then straight for another 0.4 miles. Look for the horses and you will see Twin Palms Riding Stables in front of you.

SHAKHOORA STABLES

Phone: 17 591-103

Location: Sara

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 6.4 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 6.4 miles, exit right at the Sar Exit. Go 0.8 miles and turn right immediately after the speed bump. Go 0.3 miles and the Bahrain Society for the Prevention of Cruelty to Animals (BSPCA) will be in front of you. Veer to the right and then left to go around the BSPCA. Shakhoora Stables will be on your left.

THE COUNTRY CLUB

Phone: 17 593-593

Location: Off Budaiya Hwy

General Info: Open to members and non-members. (See membership fees listed under Clubs and Organizations "The Country Club"). Rates are as follows:

--One-hour guided trail rides: BD 3.500 for members and BD 5.000 for non-members.
 --1/2 hour private lessons: BD 6.00 for members and BD 7.000 for non-members.
 --One-hour private lessons: BD 10.000 for members and BD 12.000 for non-members.
 --One hour group lessons: BD3.500 for members and BD 5.000 for non-members.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout, you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles, take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Watch for the “Country Club” sign on the right after passing through the first roundabout. Make a right onto Jid Al Haj Hwy. Go 0.7 mile and turn left on Nakheel Hwy. Go 0.3 mile and the Country Club will be on your left.

THINGS TO DO

Phone: 17 590-409
 Location: Budaiya (Burgerland Roundabout)
 General Info: Equestrian equipment. Also carries art supplies, craft items and needlework supplies.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Take your immediate first right turn into “Things to Do”/Burgerland parking lot. Things To Do will be on your left as you enter the parking lot.

PEARL DIVING, SCUBA DIVING, & DHOW SUNSET CRUISES

MWR plans outings for Pearl Diving, Scuba Diving, and Dhow Sunset Cruises. Watch for flyers or contact the office directly to inquire about these events.

ARTS & CRAFTS

ART CLASSES

DAR ALBAREH (Gallery and Café)

Phone: 17 713-535

Location: Adliya

Hours: Saturday – Thursday, 0830 - 2300. Friday, 1700 - 2100.

General Info: Classes in basic decorative painting, furniture painting and wall effects painting as well as a complete line of painting supplies. Upstairs is a shop full of wonderful treasures for your home or unique gifts.

Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You will be on Bani Otbah Ave. Turn left at the first light onto Osama Bin Zaid Ave (a.k.a. Schwarna Alley). Go to the 1st light and turn left onto Sh. Isa Ave, - then take an immediate right. Turn left at the little roundabout. Dar Albareh will be on the right just past the Future Preschool.

CELEBRATIONS and TALENTS both offer art classes. See contact information under Arts and Crafts Store for more information about art classes from these locations.

MUSIC CLASSES

CLASSIC INSTITUTE OF MUSIC (Royal School of London Music Program for piano)

Phone: 17 728-791

Location: Juffair

General Info: Music lessons on flute, lute, violin and piano. Call regarding registration fee and cost of lessons.

Directions: From Grand Mosque: Take a left at Al Fatih Hwy. Go 0.5 miles and turn left at the light onto Juffair Ave. Take the second left turn. The Institute will be the 3rd building on the right.

PERSONAL TEACHER

Lesley Desport gives 30-45 minute piano lessons in your home. Call for more details.
Home: 17 594-016. Mobile: 3927-2315.

ART AND CRAFT STORES

****CELEBRATIONS**

Phone: 17 595-791

Location: Budaiya

General Info: They actually carry craft supplies! Not to the level of Michael's or Joann in the States, but it's the best I've seen in Bahrain. Celebrations

is connected to a nice little coffee/tea shop called “A Piece of Cake”.
Go there for a nice breakfast or lunch!

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya. This will bypass the Pearl Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go 2.6 miles and you will need to U-turn at the 3rd Roundabout (enter 6, exit 6). Go 0.9 miles and turn right into a little strip mall. Celebrations is at the end of the strip mall. (Lanna Thai Restaurant will be on the left side of the road).

Alt. Directions: From the Grand Mosque: Cross over Al Fatih Hwy. You are now on Bani Otbah Ave. Be in the left lane to turn left on Osama bin Zaid Road (a.k.a. Shwarma Alley). Follow this road to the next stop light (by the Ferrari dealership) Turn right on Sh. Isa Avenue. Go to the roundabout (Discount Home Store and Al Andalus Hotel are here). Enter at 6:00, Exit at 9:00. You are now on Salmaniya Ave. Follow Salmaniya to the next roundabout. Enter at 6:00 and Exit at about 1:00 just after Dairy Queen and before Al Hawaj. Now on King Faisal Hwy. Be in the left lane to turn left onto the Budaiya Hwy at the first traffic light. You are now on the Budaiya Highway. Follow the highway through several roundabouts (the second is the Burgerland roundabout which you will know by the huge Burgerland sign that will be facing you as you go through. This is also the roundabout that the King Faisal Hwy connects. You will pass under the King Faisal Hwy as you go through the roundabout), pass two more roundabouts and the turn-off for Jawad’s, and to the Alosra Roundabout (this roundabout has a McDonald’s). U-Turn at this roundabout (in at 6:00, out at 6:00). Go 0.9 miles passing the first strip mall on your right. In the next strip mall has Celebrations and A Piece of Cake. Across the highway is a large green sign for Lanna Thai.

THINGS TO DO

Phone: 17 590-409

Location: Budaiya (Burgerland Roundabout)

General Info: Art supplies, craft items and needlework supplies. Equestrian equipment.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl

Roundabout, after the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Take your immediate first right turn.. Things to Do will be on your left as you enter the parking lot.

TALENT (MAWAHEB)

Phone: 17 594-050

Location: Budaiya Hwy.

Hours: Saturday – Thursday 0830 - 1230 and 1530 - 1930 p.m. Closed Friday.

General Info: Paint, art and drawing supplies, wrapping paper. Possibly a source for home schoolers to find educational material.

Directions: From the Grand Mosque: Turn right onto Al Fatih Hwy. Go 2.1 miles and turn left at the 3rd traffic light onto King Faisal Hwy. Go 4.6 miles passing through or around the Pearl Roundabout and the Seef Mall Roundabout (you will want to drive in the right two lanes and veer right at the exit sign that says Saudi/Budaiya, this will bypass the Pearl Roundabout. After the Pearl Roundabout you will be on Sh. Khalifa bin Salman Hwy. If you go through the Pearl Roundabout, just take your first turn onto Sh. Khalifa bin Salman Hwy). After the 4.6 miles take a right at the Manama West/Budaiya exit and veer right at the Burgerland roundabout (enter 6, exit 3) onto Budaiya Hwy. Go approximately 1.3 miles and just before the 2nd roundabout you will see Talent on the right. To get to the store, make a right at the 2nd roundabout (enter 6, exit 3) and then take an immediate right and go into the little strip mall to park.

RELIGIOUS SERVICES

ON BASE

HOLY TRINITY CHAPEL, NSA BAHRAIN

Phone: 17 724-235 (Chaplain's Office)

General Info: All regular religious services are held on Fridays. Each congregation has additional programs, services and Religious education. For more information, please call the Chaplains Office.

CATHOLIC MASS & RELIGIOUS EDUCATION

Religious Education: Friday at 0815 at various locations on base.

Mass: Sunday -Wednesday @ Chapel Annex at 1200.

Mass: Thursday @ Chapel Training Facility at 1730.

Mass: Friday @ Chapel Training Facility at 0930.

PROTESTANT SERVICES & FRIDAY SCHOOL

There is no Children Friday School until further notice.

Adult Friday School: Navy College Classroom #2 at 0930.

Worship Service: Friday @ Chapel Training Facility at 1100.

Worship Service: Sunday @ Chapel Training Facility at 1800.

JEWISH

Shabbat Service: 2nd Friday of each month @ Chapel Annex.

CHURCH OF CHRIST

Worship Service: Friday @ Chapel Annex at 1100.

OFF BASE

NOTE: Please call to confirm service times and to get directions.

ST. CHRISTOPHER' S CATHEDRAL (Anglican/Episcopal)

Phone: 17 253-866

Location: Near the Manama Police Fort.

General Info: Friday 0930 (family service). Sunday, 1030 and 1800 on 1st and 3rd Sundays and Evening Prayer 2nd and 4th Sundays. Monday - Thursday and Saturday at 0800. NOTE: Services also held at Community Church Awali on Monday 1310 and Saturday 1900. (family service).

COMMUNITY CHURCH, AWALI

Phone: 17 754-344

Location: Awali

General Info: Different denominations share this church.

NATIONAL EVANGELICAL (Non-Denominational)

Phone: 17 254-508

Location: Near American Mission Hospital

General Info: English language services held Friday at 0930 and Sunday 1830.
Tagalog language services held Friday at 1300.

SACRED HEART CHURCH (Roman Catholic)

Phone: 17 253-598

Location: Manama

General Info: Friday service 1730. Saturday service 18:30 pm. Sunday 0900 and 1730 and 1900.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Phone: 17 612-382

WORD OF LIFE INTERNATIONAL CHURCH

Phone: Contact person: Pastor Bonny Villanueva.

Home: 17 720-513 Mobile: 3961-5460

Location: Mahooz on Kuwait Avenue.

General Info: A lively, Bible based, Christ-centered, family-oriented celebration church. Friday services 0900 - 1100. Sunday evening Bible study 1930 - 2130. There are prayer meetings and small home meetings throughout the week. There is a Friday School for children and teens. There is a van ministry for people needing a ride.

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Turn right at the 1st light onto Kuwait Ave. At the fifth stoplight, Salmaniya Road, do a U-turn. Take the 2nd right turn onto Road 2801. Villa #76 is on the corner on the left side of the road directly across the street from the Palestinian Embassy. Parking is a challenge as there are numerous churches on this street. Just drive around a few blocks and you will find something.

APPENDIX A

USEFUL PHONE NUMBERS (NSA BAHRAIN)

OFF BASE DIALING: Phone number 439-5555 (is dialed 1785-5555)

ON BASE DIALING: 439-xxxx (xxxx = ext number)

BASE SECURITY (24 hour duty desk) 1785-4911, 1785-3283

BAHRAIN SECURITY - 999, (traffic and accidents: 688-888)

NAVY LEGAL SERVICE OFFICE

Phone: 1785-4406

Hours: Sunday, Tuesday and Thursday 0900-1200/1300-1600 and Monday 0800-1200

HOUSEHOLD GOODS/POV

-Inbound and Outbound - Phone: 1785-4265. Hours: 0830- 1500.

FLEET AND FAMILY SERVICE CENTER (FFSC)

Phone: 1785 -4046

Hours: Sunday – Thursday 0730 – 1630

**HEALTH BENEFITS ADVISOR

Phone: 1785-4323

HOUSING WELCOME CENTER

Phone: 1785-4104

AMERICAN EMBASSY HOTLINE

Hotline Phone:1785-5048

Main Phone: 1785-3300

Emergency after hours: 1785-5126

VETERNARIAN'S OFFICE

Phone: 1785-4295

SHIP'S STORE

Phone: 1785-4337

NSA DENTAL CLINIC

Phone: 1785-4325

NSA MEDICAL CLINIC

Phone: 1785-4260

Pharmacy Phone: 1785-4861

CHAPLAIN'S OFFICE

Phone 1785-4235

BAHRAIN SCHOOL

Phone: 1785-7828

NFCU

Phone: 1785-4313

POST OFFICE

Phone: 1785-4272

MWR

Phone: 1785-4422

CHILD DEVELOPMENT CENTER

Closed until further notice.

YOUTH CENTER

Closed until further notice.

PARADISE MOVIE THEATER
Phone: 1785-4534

DINAR MAN
Phone: 1785-4191

UNITED STATES EMBASSY

Phone: 17 273-300

Location: Zinj

General Info: THE CONSULAR SECTION (above phone number, ext.1105). The consular section of the U.S. Embassy in Bahrain offers a full range of services to American citizens and Green Card holders (U.S. Permanent Residents). These include passport issuance and renewal, Fiancée and Immigrant visas, information on locations and types of marriage services available in Bahrain, Report of Birth Abroad, notarization, certification and attestation of documents, IRS forms, U.S. local/general election and voting information, and lists of lawyers available locally. For American citizens and Green Card holders, the Embassy is open: Saturday - Wednesday 0800 - 1230, Tuesday 1300 - 1500. The Embassy is closed on Thursdays and Fridays, and observes local as well as U.S. holidays

Directions: From the Grand Mosque: Turn left on Al Fatih Hwy. Go 0.9 mile and veer right just before the 2nd light onto Sh. Khalifa bin Salman Hwy (a.k.a. Causeway Rd). Stay to the right to remain on this highway. Go 1.7 miles taking the 2nd right after the first light. You will see the Jasmis Restaurant on the left after you make the right turn. Go 0.4 mile taking your 2nd left. Go 0.2 mile and you will see a small island in the road (it will be to the left) with a transformer on it. (If you pass the Tulip Supermarket, you have gone too far). Turn left at the transformer island. The gate for the Embassy will be at the end of the street straight ahead of you. Parking lot is on the right just before the gate.

APPENDIX B

USEFUL WEBSITES

HELPFUL HINTS

***These websites are just a place to start. Learn to use search engines to find exactly what you want online!

***Verify that the site uses secure methods to transmit your credit card information. Do not use regular e-mail to send your credit card information, as this is not encrypted.

***If a company says they do not ship to APO/FPO addresses, you can sometimes use NY as the state and FPO AE as the city.

***Keep a copy of the order confirmation number until you receive the shipment.

***Keep a list of usernames and passwords that you set up for each company. This will save time and aggravation.

AIR MOBILITY COMMAND/SPACE-A

<http://amcpublic.scott.af.mil/spacea/spacea.htm>

<http://public.amc.af.mil/SPACEA/spacea.htm>

(Two sites above access the same information)

www.nsa.naples.navy.mil/airops/Home_gr.htm

www.rota.navy.mil

www.sicily.navy.mil

<http://spacea.info/>

BABY NEEDS

www.babycatalog.com

www.babycenter.com

www.rightstart.com

www.thebabyoutlet.com

BAHRAIN

www.bahrain.gov.bh/english/index.asp

www.bhaintourism.com

www.bahraintribune.com

www.bahr-ehs.eu.odedodea.edu

(Bahrain School)

www.batelco.com.bh

(Phone and Internet Service)

www.gulf-daily-news.com/home.asp

www.nsa.bahrain.navy.mil

www.rlobahrain.navy.mil/index.htm

www.usembassy.gov.bh

www.coldwatercreek.com

www.eddiebauer.com

BOOKS, MUSIC, AND MOVIES

www.800.com

www.amazon.com

(amazon.com could be in most other categories, too)

www.bn.com

www.blowoutvideo.com

www.cduniverse.com

www.netflix.com

www.reel.com

CLOTHING

baby/child

www.gymboree.com

www.oshkoshbgosh.com

adult

www.delias.com

www.bluefly.com

www.drugstore.com

www.duanereade.com

www.jjill.com
www.jcrew.com
www.victoriassecret.com
family
www.bananarepublic.com
www.gap.com
www.landsend.com
www.llbean.com
www.nordstrom.com
www.oldnavy.com
www.payless.com (shoes)
www.ohp.com (One Hanes Place)

COMPARISON SHOPPING

www.bizrate.com
www.mysimon.com
www.priceSCAN.com
www.shopping.com

COMPUTER INFO & SYSTEMS **/HOME OFFICE**

www.cnet.com
www.dell.com
www.gateway.com
www.officedepot.com
www.officemax.com
www.pcworld.com
www.tigerdirect.com

DEPARTMENT, DISCOUNT AND **MULTI-CATEGORY RETAILERS**

www.andysgarage.com
www.ebay.com
www.jcpenney.com
www.qvc.com
www.sears.com
www.spiegel.com
www.target.com
www.walmart.com

DRUGSTORE

www.1800contacts.com
www.cvs.com

www.eckerd.com
www.planetrx.com
www.vitacost.com
www.vitaminshoppe.com

EDUCATION

www.superkids.com
www.sssoftware.com
www.schoolhousetech.com
www.schoolexpress.com
www.dositey.com

ELECTRONICS

www.radioshack.com
(see also Acomputer & home office@)

FINANCIAL

www.navyfcu.org
www.usaa.com

FOOD AND DRINK

www.netgrocer.com
www.mexgrocer.com
www.hersheygifts.com
www.stashtea.com
www.hickoryfarms.com
www.germandeli.com
www.igourmet.com
www.brownies.com

KITCHEN

www.bettycrocker.com
www.breaking-bread.com
www.epicurious.com
www.williams-sonoma.com
www.chefscatalog.com (Free shipping on orders >\$99)

LINENS

www.bedbathandbeyond.com
www.domestications.com
www.strouds.com
www.thecompanystore.com

MAKEUP

www.beauticontrol.com
www.clinique.com
www.ulta.com
(also see “drugstore”)

MEDICAL/DENTAL

<http://webserver.europe.tricare.osd.mil/>
www.tricare.osd.mil
www.ucci.com

MILITARY RESOURCES

www.aafes.com
<http://www.dmdc.osd.mil/sites/>
(use the whole address above to reach SITES)
www.dtic.mil/perdiem/rateinfo.html
www.lifelines2000.org
www.militarycity.com
www.navy.com
www.navy-nex.com

MISC.

www.northpole.com
(a Santa Claus themed site)
www.srh.noaa.gov/elp/wxcalc/heatindex.html
(a heat index calculator)
<http://hoaxbusters.ciac.org>
(computer virus hoaxes)
www.urbanlegends.com

NEWS AND MEDIA

www.cnn.com
<http://msn.espn.go.com>
www.msnbc.com
www.npr.org
www.nytimes.com
www.washingtonpost.com
(many newspapers have a website. Use the search engines to find your local paper back home!)

ONLINE RESOURCES

www.epinions.com
www.ebrick.com

PARTY SUPPLIES

www.oriental.com (Oriental Trading Company)
www.birthdayexpress.com

PHOTO PROCESSING

www.kodak.com
www.photoworks.com
www.wolfcamera.com

SEARCH ENGINES

www.altavista.com
www.excite.com
www.google.com
www.infoseek.com
www.lycos.com

SHOPPING CARTS

www.containerstore.com
www.drleonards.com
www.organize-everything.com
www.stacksandstacks.com
www.thehomemarketplace.com

TRAVEL

www.expedia.com
www.lonelyplanet.com
www.planetholiday.com
www.travelocity.com

TOYS

www.amazon.com
www.etoys.com
www.fao.com
www.kbkids.com
www.learningcurve.com
www.redrocket.com

****ebates.com** This is a membership web site that is free to sign up and if you buy from their merchants you will get a rebate. This rebate varies from 2% - 25% depending on the store. Every quarter they send you a rebate check. Partners include Barnes and Nobles, JC Penney and Drugstore.com.

****travelsmith.com:** Great travel and easy care clothes for men and women including CoolMax. Great customer service.

****kingarthur.com:** Great resource for bakers. The best flour for bread in the world and they have some other really neat stuff too. Great customer service and they have the best shipping deal. Once you have placed your order they have a link that will show you all the items you can add to your order without changing the shipping cost.

APPENDIX C

NOTES/CORRECTIONS

**There are times when procedures or shops change their way of doing business. Also, there is always construction, which can affect some directions indicated in this publication. If something has changed or is incorrect in this publication, please make a note here and advise Fleet and Family Service Center on base so the appropriate change(s) can be made in the next publication. Thank you.